







The ACCOMPLISH'D 73228

# Ladies Delight,

In { PRESERVING,  
PHYSICK,  
BEAUTIFYING, and  
COOKERY.

CONTAINING

- I. The Art of *Preserving* and *Candying* Fruits and Flowers ; and the making of all sorts of Conserves, Syrups, and Jellies.
- II. The *Physical Cabinet* : Or, Excellent Receipts in Physick and Chirurgery ; together with some Beautifying Waters, to Adorn and add Loveliness to the Face and Body : And also some New and Excellent Receipts relating to the *Female Sex* : And for the general good of Families, is added the True Receipt for making that Famous *Cordial Drink Daffy's Elixir Salutaris*.
- III. The Compleat *Cook's Guide* : Or, Directions for Dressing all sorts of Flesh, Fowl and Fish, both in the English and French Mode ; with all sorts of Sauces and Sallets : And the making Pyes, Pasties, Tarts, and Custards, with the Forms and Shapes of many of them.

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*The Seventh EDITION Enlarged.*

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L O N D O N,

Printed by *B. Harris*, in *Maiden-head-Court* in Great *East-Cheap* ; and are Sold by *Henry Nelme*, at the *Leg and Star* in *Cornhil*.

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## TO LADIES and GENTLEWOMEN.

Ladies,

**T**Hough there have been many Books extant of this kind, yet I think something hath been deficient in them all. I have therefore adventured to make another, which, I suppose, comprehends all the Accomplishments necessary for Ladies, in things of this Nature. For you have here,

1. The Art of Preserving and Candying all Fruits and Flowers; as also of making Conserves, both wet and dry; and also the preparing of all sorts of Syraps, Jellies, and Pickles.

2. Here are some Excellent Receipts in Physick and Chirurgery, for curing most Diseases incident to the Body: Together with some Rare Beautifying Waters, Oyls, Oyntments, and Pouders, for Adornment of the Face and Body, and to cleanse it from all Deformities that may render Persons Unlovely.

Lastly, You have here a guide to all manner of Cookery, both in the English and French Mode, with the preparing all kind of Sallets and Sauces proper thereunto.

Together with Directions for making all sorts of Pies, Pasties, Tarts and Custards, with the Forms and Shapes of many of them, to help your Practice, with Bills of Fare upon all Occasions. So that in the whole, I hope it may deserve the Title of the Accomplish'd Ladies Delight, and may acquire Acceptance at your Fair Hands, whereby you will very much Encourage and Oblige,

Ladies,

Your very Humble Servant  
and Admirer, T. P.

The

*The Art of Preserving, and Candyng Fruits and Flowers, as also of making all sorts of Conserues, Syrups and Jellies.*

1. *To make Quince Cakes.*

**B**Ake your Quinces in an Oven with some of their own juyce, their Cores being cut and bruised and put to them, then weigh some of this juyce with some of the Quince, cut into small Pieces, with their weight in sugar, and with the Quinces some quantity of the juyce of Barberries, take the clearest syrup, and let it stand on the Coals 2 or 3 hours, let them boyl a little on the fire, Candy the rest of the sugar very hard, and put them together, stirring it while it is cold, and put it into glasses.

2. *To make conserve of Barberries.*

When the stalks are pickt off, boyl them in fair water till they swell and be very soft, then bruise them in a Mortar, strain them, and boyl them by themselves, then take for every pound of them 2 pound of sugar, and boyl them together, but not too long, for then it will Rope.

3. *To make Conserve of Roses.*

Take the buds of red Roses, and slip away the white ends, then slip the rest of the Roses as small as you can, and beat them fine in a Marble Morter; and put to every pound of Roses, three pound and a half of Sugar, then put it up in a Gally-pot, and set it in the Sun for a fortnight.

4. *To make Cinnamon Water.*

Take a quart of VWhite-wine, a quart of Rose-water, a Pint of Muscadine, half a pound of Cinamon bruised, lay the Cinamon to steep in the wine 12 hours, stirring them now and then, afterwards put them into an Alembick, and still them with a gentle

### *Preserving, Conserving,*

fire, and you may draw off from it three pints : But if you will not have it strong, instead of Muscadine put in so much Rose-water or White-wine.

#### *5. To preserve Quinces white.*

Take to every pound of Quince, a pound and a quarter of Sugar, clarifie the Sugar with the white of an Egg, core your Quinces, but not too much, put this Sugar, and Water, and Quince, being raw together, and so make them boyl so fast that you can see no Quince, forget not to turn them, take off what scum you can, keep them boyling thus till they are enough.

#### *6. To preserve Raspices*

Take the fairest well coloured Raspices, pick off their stalks very clean, then wash them, besure not to bruise them ; weigh them, to every pound of Raspices, put 6 ounces of hard Sugar, 6 ounces of Sugar-Candy, clarifie it with half a pint of fair water, and 4 ounces of Juyce of Raspices, being clarified, boyl it to a weak Syrup, then put in your Raspices, stirring them and let them boyl till they are enough.

#### *7. To make Mackroons.*

Take Almonds, blanch them, beat them in a Morter, with serced Sugar mingled therewith, with the white of Egg and Rose-water, then beat them altogether till they are as thick as Fritters, then drop it upon your wafers, and bake it.

#### *8. To preserve Cherries.*

Take some of the worst Cherries and boyl them in fair water, and when the Liquor is well coloured, strain it, then take some of the best Cherries you can get, with their weight in beaten Sugar, then lay one laying of Sugar and another of Cherries, till all are laid in the Preserving Pan ; then pour a little  
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of the liquor of the worst Cherries into it, boyl your Cherries till they be well coloured, then take them up, and boyl the Syrup till it will button on the side of the dish, and when they are cold, put them up in a Glasse covered close with Paper untill you use them.

9. *To make Conserve of Oranges Lemmons, Pippins.*

Boyl any of these Fruits, as you would do to make Paste thereof, and when it is ready to fashion upon the Pye-plate, then put it into your Gally pots, and never dry it; and this is all the difference betwixt Conserve and Paste, and this serves for all hard Fruits, as Pippins, Oranges and Lemmons.

10. *To make Symballs.*

Take fine flower dry'd & as much Sugar as flower, then take as much whites of Eggs, as will make it Paste; put in a little Rose-water, with a quantity of Coriander-seed and Anniseed, then mould it up in the Fashion you will bake it in.

11. *To make Syrup of Clove-gilly-flowers.*

Take a pound of Clove-gilly-flowers, the whites being cut off, infuse them a whole night in a quart of fair water, then with 4 pound of Sugar dissolved in it, make it into a Syrup without boyling.

12. *To make Syrup of Violets.*

Take of Violet flowers fresh, and pick a pound, put them into clear water boyling 1 quart, shut them up close together in a new glazed pot a whole day, then press them hard out, and in 2 pound of the Liquor dissolve 4 pound and 3 ounces of white Sugar, take away the scum, and make it into a Syrup, without boyling.

13. *To make Marmalade of Quinces.*

Take a bottle of water, and 4 pound of Sugar, let them boyl together, when they boyl, scum them clean,

take the whites of 2 or 3 Eggs & beat them to Froth, put the froth into the pan to make the scum rise, scum it clean; take off the Kettle and put in the Quinces & stir them, when boiled enough put them into boxes.

14. *To make Hippocras.*

Take a Gallon of White-wine, 2 pound of Sugar; and of Cinamon Ginger, long Pepper, Mace not bruised, Grains, Galingal, Cloves not bruised, of each 2 penny worth, bruise every kind of Spice a little, and put them together into an earthen pot for a day, then cast them through your bags 2 or three times, as you see cause, and so drink it.

15. *To make Almond-Butter.*

Take your Almonds and blanch them, and beat them in a mortar very small; and in beating put a little water, when they are beaten pour in water into two pots, put half into one, and half into another, put Sugar to them and stir them, let them boyl a good while; strain it and so dish it up.

16. *To preserve Quinces red.*

Pare your Quinces and core them; take as much Sugar as they weigh, put to every pound of Sugar 1 quart of water, boyl your Quinces very leisurely close covered, turn them to keep them from spotting; when they are very tender and well coloured, boyl the Syrup till it will button on a dish, and so put your Syrup to them.

17. *To pickle Cucumbers.*

Wash them and dry them in a cloth, take Water, Vinegar, Salt, Fennel-tops, some Dill-tops, and a little Mace, make it sharp enough to the taste, boyl it a while, and take it off, and let it stand till cold, then put in the Cucumbers, and keep them down close, and within a week they will be fit to eat.



18 *To Candy Pears, Plumbs, Apricocks clear as Amber.*

Take your Apricocks or Plumbs, and give every one a cut to the stone in the notch, then cast sugar on them and bake them in an Oven as hot as for Manchet close stopt, let them stand half an hour, then lay them one by one upon Glas plates, and so dry them: In this manner you may Candy any other Fruit.

19. *To preserve Oranges.*

Take a pound of Oranges, and a pound of Sugar, peel the outward rind, and the inward white skin off, then take juyce of Oranges and put them into the juice, and boil them half an hour and take them off.

20. *To make Oyl of Violets.*

Set the Violets in sallet Oyl and strain them, then put in other fresh Violets, and let them lye twenty days, then strain them again, and put in other fresh Violets, and let them stand all the year.

21. *To make Cream of Quinces.*

Take a roasted Quince, pare it, and cut it into thin slices to the core, boyl it in a pint of Cream with a little whole Ginger, till it taste of the Quinces to your liking, then put in a little Sugar and strain it, and always serve it cold to the Table.

22. *To make a March-Pane.*

Steep 2 pound of pickled Almonds one day and 2 nights in fair water, and blanch them out of it, then beat them well in a Morter, and bedeck them with Rose-water, put to your Almonds so many pound of Sugar, beat it with your Almonds, then make fine crust of Paste, and sprinkle it with Rose-water, and Sugar; then spread the stuff on it, and bake it at a very soft fire, always bedewing it with Damask water, Civet, and Sugar; and lastly with a gut of Dates gilt, or the Kernels of Pine-apple, and so set it forth.

23. *To make Almond Milk.*

Boyl French Barly, as you boyl it, cast away the water, till you see the water leave to change Colour; as you put in more fresh water, then put in a bundle of Strawberry leaves, & as much Cullumbine leaves, and boyl it a good while, then put in beaten Almonds and strain them, and then strain it with Sugar and Rosemary, then strew some Sugar about the dish, and send it to the Table.

24. *To Preserve Apricocks or Pear-plumbs when green.*

Take the fruit and scald them in water and peel them, scrape the spongy substance off the Apricocks, or Quinces, boyl them very tender, taking their weight in sugar, and as much water as to cover them, boyl them very leasurely; then take them up and boyl the Syrup till it be thick; and when they are cold put them up with your Syrup into your preserving Glasses.

25. *To pickle French Beans.*

Take your Beans and string them, boyl them tender; take them off, let them stand till they are cold, put them into pickle of Beer Vinegar, Pepper Salt, Cloves and Mace, with a little Ginger.

26. *To make an Excellent Jelly.*

Take 3 Gallons of water, boyl in it a knuckle of Veal, & Calves feet slit in two, with all the fat clean taken from between the claws, let them boyl to a very tender Jelly keeping it clean scum'd, and the edges of the pot always wiped with a clean Cloath, that none of the scum may boyl in, strain it from the meat, let it stand all night, the next morning take a way the top and the bottom, and a quart of this Jelly, half a pint of Sherry Sack, half an ounce of Cinnamon, & as much Sugar as will season it, 6 whites of



of Eggs well beaten, mingle all these together, then boil it half an hour, and let it run through your bag.

27. *To make Aqua Mirabilis.*

Take of Cloves, Galanga, Cubebs, Mace, Cardamums, Nutmegs, Ginger, each 1 dram, juice of Celandine half a pound, Spirit of Wine 1 pint, White-wine, 3 pints, infuse them 24 hours, and draw off a quart with an Alembick.

28. *Dr. Stevens's water.*

Take of Cinamon, Ginger, Galanga, Cloves, Nutmegs, Grains of Paradise, seeds of Annis, Fennel, Caraways, of each 1 dram; herbs of Time, Mother of Time, Mint, Sage, Penny-royal, Pellitory of the Wall, Rosemary, Flowers of red Roses, Camomile, Origanum, Lavender, of each one handful, infuse them 12 hours in 12 pints of Gascoign Wine, then with an Alembick draw away 3 pints of the strong.

29. *To make good Cherry wine.*

Take the Syrup of Cherries, and when it hath stood a while, bottle it up, and tye down the Cork, and in a short time it will be pleasant Wine.

30. *To make Wafers.*

Take a pint of flower, a little Cream, the yolks of 2 Eggs, a little Rose-water with some searced Cinamon and Sugar, work them together, and bake them upon hot Irons.

31. *To preserve Grapes.*

Stamp and strain them, let it settle a while, before you wet a pound of Sugar or Grapes with the Juice, stone the Grapes, save the Liquor, in the stoning take them off and put them up.

32. *To pickle Purslain.*

Take Purslain and pick it into little peices, and put it into a pot or Barrel, take a little water, Vinegar

and salt, to your taste, it must be pretty strong of the vinegar and salt, and a little Mace, and boyl all these together: And pour this Liquor boyling hot into the Muslin, and when it is cold tye it close down, and in a week or two, it is fit to eat.

33. *To preserve green Walnuts.*

Boyl your Walnuts till the water taste bitter, then take them off, and put them in cold water, and peel off the bark, and weigh as much Sugar as they weigh, and a little more water than will wet the Sugar, set them on the fire, and when they boyl up take them off, and let them stand 2 days, and then boyl them again once more.

34. *To preserve Currans.*

Part them in the tops, and lay a laying of Currans, and a laying of Sugar, and so boyl them as fast as you do Rasberries, do not put them in the Spoon but scum them, boyl them till the Syrup be pretty thick; then take them off, and let them stand till they be cold, and put them in a Glass.

35. *To make Goose-berry Cakes.*

Pick Goose-berries, and put them in an earthen Pitcher, and set it in a Kettle of water till they be soft, then put them in a sieve, and let them stand till all the juice be out, and weigh the juice, and as much sugar as syrup, first boyl the Sugar to a Candy; and take it off, and put in the juice, and set them in the press till they be dry,

36. *To make excellent broth.*

Take a Chicken and set it on the fire, and when it boyls scum it then put in a Mace, and a very little Oatmeal and such herbs as the party requires, and boyl it well down, and bruise the Chicken and put it in again and it is good broth: And to alter it  
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you may put in 6 Prunes, and leave out the herbs or put them in as you please, and when it is well boyled, strain it and season it.

37. *To make Angellets.*

Take a quart of new Milk, and a pint of Cream and put them together in a little Runnel, when it is come well, take it up with a spoon, and put it into the Vate softly & let it stand 2 days till it be pretty stiff, then slip it out and salt it a little at both ends, and when you think it is salt enough set it a drying and wipe them, and within a quarter of a year they will be ready to eat.

38. *To make Jelly of Harts-horn.*

Take 4 ounces of shavings of Harts-horn of the inside, and 2 Ale-quarts of Water, put this in a pipkin and boyl it very gently till it come to a quart, the Harts-horn must be steeped 3 or 4 hours first, afterwards put a little into a saucer till it be cold, and if it jellieth, it is boyled enough, then being warm take it off the fire, and strain it hard through a cloth, and set it a cooling till it be a hard Jelly, then take 2 whites of Eggs, and beat them very well, or with a sprigg of Rosemary or Birch, (but not with a spoon) till a water come in the bottom, then put these beaten Eggs, and the water thereof into a Skillet and all the Jelly upon it with 3 spoonfuls of damask Rose-water, and a quarter of a pound of sugar, and when it boyls, stir and lay it pretty well, then strain it through a cloth, and let it cool: and of this take 4 spoonfuls in the morning fasting, and at 4 a Clock in the Afternoon, and this is excellent good for the weakness in the Back.

39. *To preserve Damsons, Red, or Black Plumbs*

Take their weight in Sugar and water enough to make

make a Syrup to cover them, so boyl them a little therein being close covered, turning them for spotting, let them stand all night in their own Syrup, then set them upon a pot of seething water, and suffer your Plumbs to boyl no faster, than the water under them, and when they are both sweet and tender take them up, and boyl the Syrup again till they be thick, then put up your Plumbs and it together in your Preserving Glasse.

40 *To make Rosemary-water.*

Take Rosemary and the flowers in the midst of *May* before the Sun rise, strip the leaves & the flowers from the stalks, take 4 or 5 Elecampane Roots, and a handful or 2 of Sage, and roots together, till they be very small, then take 3 ounces of Cloves and so much of Mace, and half a pound of Anniseeds, & beat all these Spices every one by themselves, then take the herbs and the Spices, and put thereto 4 or 5 Gallons of good White-wine, then put in all these herbs, and Spices and Wine into an earthen pot, and put the Pot into the ground about sixteen days, then take it up and distill it with a very soft fire.

41. *To make Pomatum.*

Take fresh Hogs suet cleansed from the films, and washt in White-wine one pound and as much sheeps suet washt in White-wine, then take about 16 Pom-water apples cleansed and boyled in Rose-water; add to these Rose-wood, Sassafras, Roots of *Orrice*, *Florentine* of each six Drams, of *Benzoin*, *Storax*, *Calamita*, half an Ounce of each, and so make it into an Oyntment.

42. *To make Oyl of sweet Almonds:*

Take dried sweet Almonds as many as you please, beat them small, and put them in a hempen cloth, and with

without fire by degrees press out the Oyl.

43. *An Excellent Water against fits of the Mother.*

Take Briony-roots, Elder-berries ripe, drest at a gentle heat in a Furnace, & cleans'd from their stalks of each 2 ounces; leaves of Mugwort, Bittany, Featherfew, Nep, Basil, Penny-royal, Rue, Sabine, all dryed in the Sun, of each half an ounce, peels of Oranges the out-side dry'd, an ounce and a half, Myrrh Calloreum, of each 3 drams, Saffron 1 dram, powder them and steep them 8 days in 2 quarts of the Spirit of Wine; then strain them thro' a very quick Hair-strainer, keep the Liquor in a glass very well stoppt.

44. *To make Syrup of Wormwood.*

Take Roman Wormwood, or Pontick Wormwood half a pound, of red Roses 2 ounces, Indian Spike 3 drams, old White-wine & juice of Quinces of each 2 pints and a half, bruise them in an earthen Vessel 24 hours, then boil them till half be wasted, strain it, and put to the straining two pounds of Sugar, and boil it to a Syrup.

45. *To make Conserve of Quinces.*

Take 3 quarters of the juice of Quinces Clarified, boil it until two parts be wasted, then put to it two pounds of white Sugar, then boil them to the thicknes of Honey.

46. *To make Syrup of Poppies.*

Take the heads and seeds of white Poppy and of black, of each 50 drams, Venus hair, 15, Licorice 5 drams, Jujubes 30 drams, Lettice seeds 40 drams add of the seeds of Mallows and Quinces tied up in a fine rag, of each 1 dram & a half; boil them in 8 pints of water, until half be wasted, strain it, and to 3 pound of Liquor put thereto Perides and Sugar, of each 1 Pound; boil them to a Syrup.

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47. *To make Honey of Roses.*

Take of white Honey despumed, fresh juice of red Roses one pound, put them into a Skillet, and when they begin to boil, throw into them of fresh red Rose-leaves picked, 4 pounds, and boil them until the juice be wasted; always stirring it, then strain it and put it up in an Earthen Pot.

48. *To mak Syrup of Lemons.*

Take of the juice of Lemons purified by going thro' a woollen strainer with crulling, 3 quarts and a half, and of white Sugar five pound, boil them with a soft Fire to a Syrup.

49 *To make Spirit of Wine.*

Take of good Claret, or white-Wine, or Sack, enough to fill the vessel wherein you make your distillation to a 3<sup>d</sup> part, then put on the Head furnished with Nose or Pipe, and so make your distillation first in Ashes, drawing about a 3<sup>d</sup> part from the whole as for Example, 6 or 8 pints out of 24, then still it again in B.M. drawing another 3<sup>d</sup> part which is 2 pints, so that the oftner you distill it, the less Liquor you have, but the more strong, some do rectifie it 7 times.

50. *To make Syrup of Maiden-hair.*

Take of the herb Maiden-Hair fresh gathered and cut a little 5 ounces, of roots of Licorish scraped 2 ounces, steep them 24 hours in a sufficient quantity of hot water, then boil them according to Art. Add 4 pound of Sugar to 5 pints of the clarified Liquor, and boil them to a Syrup.

51. *To make Syrup of Licorish.*

Take of the roots of Licorish scraped 2 ounces, of Colts-foot 4 handfuls, of Maiden-hair 1 ounce, of Hyssop half an ounce, infuse them 24 hours in a sufficient quantity of Water, boil them till one half be wast.



wasted, add to the strained Liquor a pound of the best clarified Honey, and as much white Sugar, boyl them to a Syrup.

52. *To make King William's perfume.*

Take 6 spoonfuls of Rose-water, and as much Ambergrease as weigheth two Barley Corns, and as much Civet, with as much Sugar as weigheth 2 pence beaten in fine powder, all these boyled together in a perfuming Pan, is an excellent Perfume.

53. *The Late Queens Perfume.*

Take 4 spoonfuls of Spike-water, and 4 spoonfuls of Damask-water, 30 Cloves, and 8 Bay-leaves shired, as much Sugar as weigheth two-pence, all these boyled make a good Perfume.

54. *King Edwards Perfume to make your house smell like Rosemary.*

Take 3 spoonfuls of perfect Rosemary, and as much Sugar as half a Walnut beaten in small powder, all these boiling together in a perfuming Pan upon hot Embers, with a few Coals.

55. *To make Conserve of Rosemary.*

Take your Flowers of Rosemary, which you may gather either in *March* or *Sept.* when you have beaten them to pap, take three times their weight in Sugar, pound them altogether and set them in the Sun, and so use them.

56. *To make Syrup of Cowslips.*

Take the distilled water of Cowslips, and put thereto your flowers of Cowslips clean pickt, and the green knobbs in the bottom cut off, and boil them up into Syrup, take it in Almond-milk, or some other warm thing; it is good against the Falſie and Frenſie, and to procure Sleep for Sick.

57. *To make Marmalade of Lemons and Oranges.*

You may boil 8 or 9 of either, with 3 or 4 Pippins, draw them through a strainer; then take the weight of the pulp altogether in Sugar, and boil it as Marmalade of Quinces and box it up.

58. *To make Angelica Water.*

Take a handful of Carduus Benedictus, & dry it, and 3 ounces of Angelica-roots, 1 dram of Myrrh, half an ounce of Nutmegs, Cinamon and Ginger, 4 ounces of each, 1 Dram and a half of Saffron, of Cardamons, Cubebs, Galingal and Pepper, of each a quarter of an ounce, 2 drams of Mace, 1 dram of Grains, of Lignum Aloes, Spiknard, *Junius Odoratus*, of each a dram; Sage, Borage, Buglos, Violets, and Rosemary flowers, of each half a handful, bruise and steep them in a pottle of Sack 12 hours, and distil it as the rest.

59. *To make Quiddam of Cherries.*

When your Cherries are fully ripe, and red to the stone, pull out the stones, and boil them till they be all broken, then strain them, take the Liquor and boil it over again, and put as much Sugar to it as you think convenient, and when it is boiled, that you think its thick enough, put it in Boxes.

60. *To dry Cherries.*

Take 6 pound of Cherries and stone them, then take a pound of Sugar and wet it with the juice of the Cherries, boil it a little, then put in your Cherries, & boil them till they are clear, let them lye in the Syrup a Week, then drain them from the Syrup, and lay them on thin boards to dry in a Stove, turn them twice a day till they are dry, wash off the clamminess with warm water, and dry them a little longer.

61. *To make brown Metheglin.*

Take Strong Ale-wort, put as much Honey to it



as will make it strong enough to bear an Egg, boyl them well together, set it a cooling, when it is almost cold put in some Ale yeast, then put it in a strong Vessel, when it hath done working, put a bag of Spices into the Vessel and Lemon-peel, stop it up close, in a few days it will be fit to drink.

62. *To Candy Oranges or Lemmons after preserv'd.*

Take them out of the Syrup, drain them well, then boyl some Sugar to a candy height, and lay your Peels in the bottom of a sieve, pour your hot Sugar over them, then dry them in a Stove, or warm Oven.

63. *To preserve Oranges after the Portugal Fashion.*

Open your Oranges at the end, take out all the meat, then boyl them in several waters, till a straw may go through them, then take their weight and half in fine Sugar, and put to every pound of Sugar a pint of water, boyl it and scum it, put in your Oranges and boyl them a little more, then take them up, and fill them with preserved Pippins, and if you will have them Jelly, make a new Syrup with the water wherein sliced Pippins have been boyled, and some Sugar, and that will be a stiff Jelly.

64. *To make good Usquebagh.*

Take 2 Gallons of Aquavitæ, 4 ounces of the best Liquorice bruised, four ounces of Anniseeds bruised, put them into a Glass, or Stone Vessel, and cover them close, and so let them stand a week, then draw off the clearest with Molosso's, and keep it in another Vessel, and put in some Dates, Raisons ston'd; keep it close from the Air.

65. *To make Italian Bisket.*

Take serced Sugar, and a little of the white of an Egg, with some Ambergrease and Musk, beat them all to a paste in an Alabaster Morter, mould

it into a little Anniseed finely dusted, then make it up in Loaves, and cut them about like Maunchet, then bake them in an oven as hot as for Maunchet, and when they are risen somewhat high upon the Plates, take them forth and remove them not off till cold, for they will be apt to break.

66. *To make French Bisket.*

Take half a peck of flower, with four Eggs, half a pint of Ale-yeast, one ounce and half of Anniseed, a little sweet Cream, and a little cold water, make all into a loaf; and fashion it something long, then cut it into thick slices like Toasts, after it hath stood two days, so rub them over with powdred Sugar, and lay them in a warm Sun, and so dry them, and Sugar them as you dry them three or 4 times, then put them into Boxes for use.

67. *To make Sugar-Plates.*

Take serced Sugar, and make it up in a paste with Gum-Dragon steeped in Rose-water, and when you have brought it into a perfect Paste, rowl it as thin as e'er you can, and then print it in moulds of what fashion you please, let them dry.

68. *To make Pomander.*

Take half an ounce of Benjamin, and as much Storax and Labdanum, with six grains of Musk, and as much Civet, and two grains of Ambergreece, and one dram of sweet Ealsam, then roul it up in Beads as big or as little as you please, and whilst hot, make holes in them for your use.

69. *To make Conserve of Damsons.*

Take ripe Damsons and put them into scalding Water, and half an hour after set them over the fire till they break, then strain them through a Culender and let them cool, then strain them through a piece  
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of Canvas from their stones & skins, then set them over the fire again, with a good quantity of red Wine, so boyl it, stirring it till it be thick, & when it is ev'n boiled enough, put in a Convenient proportion of Sugar, stir it well together, and put it into your Gally-pots.

70. *To Bake Oranges.*

Peel the bark off, and boyl them in Rose-water and Sugar till they are tender, then make your Pye, and set them whole in it, and put the Liquor they were boyled in into the Pye, season it with Sugar, Cinamon and Ginger.

71. *To preserve Peaches.*

Take a pound of your fairest and best coloured Peaches, and with a wet linnen cloath wipe off the white coar of them, then parboyl them in half a pint of White-wine, and a pint and a half of running water, and being parboil'd, peel off the white skin of them and then weigh them; take to your pound of Peaches 3 quarters of a pound of refined Sugar, and dissolve it in a quarter of a pint of White-wine, and boyl it almost to the height of a Syrup, then put in your Peaches and let them boil in the Syrup a quarter of an hour or more, then put them up and keep them all the Year.

72. *To preserve Goosberries.*

Take Goose-berries, or Grapes, or Barberries, and take somewhat more than their weight in sugar beaten fine, lay one laying of Fruits, and another of sugar, till all are laid in your preserving pan, then take 6 spoonfuls of fair water, and boyl your Fruits therein as fast as you can, untill they be very clear, then take them up, and boyl the syrup by it self, till it be thick; when they are cold put them into Gally-pots.

73. *To preserve Angelica-Roots.*

Wash the Roots slice them very thin, and lay them in water 3 or 4 days, change the water every day, then put the Roots into a pot of water and set them in the embers all night, in the morning put away the water, then take a pound of Roots, 4 pints of water, and 2 pound of Sugar, let it boyl and scum it clean, then put in the roots, which will be boyled before the syrup, then take them up and boil the syrup after, they will ask a whole days work very softly, at St. *Andrew's* time is the best time to do them in all the year.

74. *To make Syrup of Quinces.*

Take of the juice of Quinces clarified 3 quarts boil it over a gentle fire till half of it be consumed, scum it, and add to it 3 pints of red Wine, with 4 pound of white Sugar; boil it to a Syrup, and perfume it with a dram of Cinamon, Cloves and Ginger of each two scruples.

75. *To make Walnut-water.*

Take of green Walnuts a pound and a half, Garden Radish-roots 1 pound, green Asarabacca 6 ounces, Radish-seeds 4 ounces; bruise them and steep them in 3 pints of White-wine Vinegar for 3 days, then distil them in a leaden Still till dry.

76. *To make Treacle-water.*

Take of the juice of green Walnuts 4 pound, juice of Rue 3 pound, juice of Carduus, Marigolds & Falm, of each 2 pound, green Petasitis Roots 1 pound and half, Roots of Burrs 1 pound, Angelica and Masterwort of each half a pound, Leaves of Scordium 4 handfuls, old Venice-treacle and Mithridate, of each 8 ounces, Canary six Quarts, Vinegar 3 quarts, juice of Lemons one quart, digest them

them 2 days, either in Horse-dung, or Bath, the Vessel being close shut, then distil them in Sand, in which you may make a Theriacal extraction.

77. *To make Syrup of Cinamon.*

Take of Cinamon grossly bruised four ounces, steep it in White-wine, and small Cinamon-water, of each half a pound, 3 days in a glass by a gentle fire, strain it, and with a pound and a half of Sugar, boil it to a syrup. This syrup refreshes the vital Spirits, and cherisheth the Heart and Stomach, helps Digestion, and cherisheth the whole Body exceedingly.

78. *To make Syrup of Citron-Peels.*

Take of fresh yellow Citron Peels, 5 ounces, the berries of Cherms, or the juice of them brought over 2 drams, spring-water 2 quarts, steep them all night, boil them till half be consum'd, take off the Scum, strain it, and with 2 pound and a half of the whitest sugar boyl it into a Syrup; let half of it be without Musk, but perfume the other half with 3 grains of Musk tied up in a Bag.

79. *To make Syrup of Harts-horn.*

Take of Harts-horn, 3 handfuls, Polypodium of the Oak, the roots of both sorts of Euglois, barks of the roots of Capers and Tamaris of each two ounces; Hops, Dodder, Maiden-hair, Balm, of each two handfuls, boil them in 5 quarts of spring-water till it comes to 4, strain it, and with 4 pound of Sugar make it into Syrup according to Art.

80. *An everlasting Oyl Perfume for Gloves.*

Take Benjamin two ounces, Storax and Calamint each an ounce, the 2 first must be finely beaten by themselves: then take a pound of sweet Almonds and mix it with the Storax and Benjamin upon a

Marble stone, then put it into an earthen pot with more Oyl, then put in your Gloves poudered, so let it stand close covered, and when you will perfume a pair of Gloves, take a little fair Water in a Spoon and wipe your Gloves fine with it, take another spoon, and dip it in your Oyl, and rub it on your Gloves, and let them dry.

81 *An excellent water for a Consumption.*

Take 3 pints of Milk, and 1 pint of red wine, 24 yolks of Eggs, beat them very well together, then add so much white-bread as will drink up the Wine, put to it some Couflip Flowers and distil them. Take a spoonful of this Morning and Evening in Chicken or Mutton Broth and for a Month it will cure any Consumption.

82. *To make Barly Water.*

Take a penny-worth of Barley, a penny-worth of Raisins of the Sun, a penny-worth of Anniseeds an half penny-worth of Licorish, about 2 quarts of water, boil all together till half be consumed then strain it, when it is cold drink it, your Licorish must be sliced into small pieces.

83. *Dr Deodate's Drink for the Scurvey.*

Take Roman Wormwood, *Carduus Benedictus*, Scurvey-grass, Brook-lime, Water-cresses, Water-trifoil, of each 1 handful, Dodder, Cetrach, Scolopendria, Burrage, Buglois, Sorrel, Vervain, or Speedwell, of each half a handful, Elicampane root one ounce, Raisins of the Sun 3 ounces, slices of Oranges and Lemmons, of each 15, infuse these in a double glass with so much White-wine as will make a pint and a half of liquor when done.

84. *A Conserve to strengthen the Back.*

Take Eringo-roots, and conserve them as you do



do damask white and red Roses, in every respect the pith being taken out ; one pound and a half of Sugar is enough for every pound of Roots, with 3 pints of Water, stew them closely at first as you do your Roses ; if you add to them 5 or 6 grains of Amber-greese, beaten to fine powder it will be much more Cordial.

85. *An excellent Aqua Composita for a Surfeit.*

Take a handful of Rose-mary, a root of ENU-lacampane, a handful of Hysop, half a handful of Thyme, 6 handfuls of Sage, as much Mint, and as much Penny-royal, half a handful of Hore-hound, 2 ounces of liquorish well bruised, and as much Anniseeds, take 2 gallons of the best strong Ale, and all the herbs aforesaid, and wring them alunder, and put them into an earthen pot well covered, and let them stand a day and a night ; from thence put it into a brass pot, and set it on a fire, and let it stand till it boyl, then take it from the fire, and set your Limbeck on the pot, and stop it close with paste that there come no air out of it, and still it out with a soft fire, add to it a little Red Fennel.

86. *To make Balm-water.*

Take 4 gallons of strong stale Ale : half a pound of Liquorish, 2 pound of Balm, two ounces of figgs, half a pound of Anniseeds, one ounce of Nutmegs, shred the Balm and figgs very small, and let them stand steeping 4 and 20 hours, and then put it in a Still as you use Aquavitzæ.

87. *To pickle Broom-buds.*

Take Broom-buds, put them into linnen bags, and tye them close, then make some brine with water and Salt, and boyl it a little, let it be cold, then put some brine in a deep earthen pot, and  
put.

put the bags in it, and lay some weight on, let it lye till it look black, boyl them, and put them in Vinegar a week or two, and they will be fit to eat.

88. *To make good Raspberry-wine.*

Take a Gallon of Sack, in which let 2 gallons of Raspberries stand steeping the space of 24 hours, then strain them, and put to the Liquor 3 pound of Raisons of the Sun stoned, let them stand together 4 or 5 days, being sometime stirred together, then pour off the clearest and put it up in Bottles and let it in a cold place, if it be not sweet enough you may put sugar to it,

89. *To make excellent Hippocras in an instant.*

Take of Cinamon two ounces, Nutmegs, Ginger, of each half an ounce, Cloves two drams, bruise these small, then mix them with as much Spirit of wine, as will make them into a paste, let them stand covered in glass the space of six days in a cold place, then press out the Liquor & put it in a glass. A few drops of this Liquor put into any wine giveth it a gallant relish and Odour, and maketh it as good as any Hippocras whatsoever in an instant.

90. *To make artificial Malmsey.*

Take 2 gallons of English Honey, put into it eight Gallons of the best Spring water, set these in a Vessel over a gentle fire, when they have boyl'd gently an hour take them off, and when they be cold put them into a small Barrel or Runlet, hanging in the Vessel a bag of spices, and set it in the Cellar, and in half a year you may drink of it.

91. *To make Artificial Clare-wine.*

Take 6 Gallons of water, two gallons of the best Cyder, put thereto 8 pound of the best Malaga-raisins bruised in a Morter, let them stand close  
cover-



covered in a warm place the space of a Fortnight, every 2 days stirring them well together. Then press out the Raisins, and put the Liquor into the said Vessel again, to which add a quart of the juice of rasberries and a pint of the juice of black Cherries; cover this Liquor with bread spread thick with strong Mustard, the Mustard-seed being downward, and so let it work by the fire side 3 or 4 days, then turn it up and let it stand a week, and then bottle it up, and it will taste very pleasant, far better than our Common Claret.

92. *To make Spirit of Amber-greese.*

Take Amber-greese 2 drams, of Musk a dram, cut them small, and put them into a pint of wine, close up the Glass Hermetically, and digest them in a very gentle heat till you perceive they are dissolved, then you may use it; 2 or 3 drops or more if you please of this spirit put into a pint of wine, gives it a rich Odour, or if you put 2 or 3 drops, round the brims of the glass it will do as well, half a sponful of it self or mixt with specifical liquor is a rich Cordial.

93. *An Excellent sweet water.*

Take a quart of Orange-flower water, as much Rose water, 4 ounces of musk, Willow seeds grossly bruised, or Benjamin 2 ounces, of Storax an ounce, or Labdanum 6 drams, of Lavender flowers 2 pugils, of sweet Marjoram as much of *Calamus Aromaticus* a dram, distill all these in a Glass Still in *Balneo*, the Vessel being very well closed that no vapour breathe forth; Note that you may make a sweet water in an instant, by putting in a few drops of some distilled Oyls together into  
some

some Rose-water, and brew them all together.

94. *Dr. Burges's Plague water.*

Take 3 pints of Muscadine and boyl in it Sage and Rue, of each a handful till a pint be wasted, strain it, and set it over the fire again, put thereto a dram of long Pepper, Ginger and Nutmeg, of each half an ounce, being all bruised together into some Rose-water, and brew them all together.

95. *To make Syrup of Hysop*

Take of Hysop 1 handful, of Figs, Raisins, Dates, of each an ounce, boyl these in 3 pints of water to a quart, then strain and clarifie it with the whites of 2 Eggs and 2 pound of Sugar, and so boyl them to a Syrup, and being boyled enough keep them all the year.

96. *To make Rosa-Solis.*

Take Liquorish 8 ounces, Anniseeds and Carraway of each an ounce; Raisins ston'd and Dates of each 3 ounces, Nutmegs, Ginger, Mace, of each half an ounce, Galingal a quarter of an ounce, Cubebbs 1 dram, Figs 2 ounces, sugar 4 ounces; bruise these and distill them with a Gallon of Aquavitæ as the rest, when it is distilled, you must colour it with the Herb Rosa Solis or Alkanet Root.

97. *To make Muscadine Comfits.*

Take half a pound of Musk Sugar beaten and searced, then take Gumdragagant steeped in Rose-water and 2 grains of Musk, and so beat them in an Alabaster Morter till it come to a perfect Paste, then roul it very thin and cut it in small diamond pieces, and then bake them, and so keep them all the year.

98. *To make Conserve of Burrage flowers.*

Let your flowers be well coloured, and pick the blacks

blacks from them, then weigh them, and to every ounce of flowers you must take 3 ounces of sugar, and beat them together in a stone Morter with a wooden Pestle till they be very fine, then take them off, and put the Conserve into a Pipkin, and heat it thorow Hot, put them up, and keep them a Year.

99. *To Candy Ginger.*

Take fair large Ginger and pare it, and lay it in water a day and a night; then take double refined Sugar and boyl it to the height of sugar again, and when your sugar begins to be cold, take your Ginger and stir it well about while your sugar is hard to the Pan; then take it out piece by peice and lay it by the Fire 4 hours, then take a pot and warm it, and put the Ginger in it, tye it up close, and every other Morning stir it about thoroughly and it will be Rock-Candyed in a little time.

100. *To make Manus Christi.*

Take half a pound of refined Sugar, and some Rose-water, boyl them together till it come to Sugar, then stir it about till it be somewhat cold, then take leaf Gold and mingle with it, then cast it into round Gobbets, and so keep them.

101. *To make Conserve of Pruans.*

Take the best Pruans, put them into scalding water, let them stand a while, then boyl them over the Fire till they break, then strain out the water through a Cullender, and let them stand therein to cool, then strain the Pruans through the Cullender, taking away the stones and skins, then set the pulp over the fire again, and put thereto a good quantity of red Wine, and boyl them to a thickness, still string them up and down, when they are almost enough, put in a sufficient quantity of Sugar, stir all well  
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together, and then put it up in your Gally-pots.

102. *To make Chrystal Jelly.*

Take a Knuckle of Veal, and 4 Calves-feet, put them on the fire with a gallon of fair water, and when the Flesh is boyld tender take it out, then let the liquor alone till it be cold, then take away the top and bottom of the Liquor, and put the rest into a clean Pipkin, and put into it one pound of refined sugar, with 4 or 5 drops of Oyl of Cinnamon and Nutmegs, and a grain of Musk, and so let it boyl a quarter of an hour Leasurely on the fire, then let it run thro' a Jelly-bag into a Bason, with the whites of 2 Eggs beaten, when it is cold cut it into lumps with a spoon, and so serve 3 or 4 lumps upon a Plate.

103. *To make Jelly of Strawberries, Mulberries, &c.*

Take your Berries and grind them in a stone mortar with 4 ounces of Sugar, and a quarter of a pint of Fair Water, and as much Rose-water, boyl it in a Skillet with a little Ising-glass, and so let it run through a fine cloth into your Boxes.

104. *To Candy Rosemary-flowers.*

Pick your flowers very clean, and put to every ounce of flowers 2 ounces of hard sugar, and one ounce of Sugar-candy, and dissolve them in Rosemary flower water, and boyl them till they come to a sugar again, when your sugar is almost cold, put in your Rosemary-flowers, and stir them together till they be enough, then take them out and put them in your boxes, and keep them in a store for use.

105. *To Candy Burrage-flowers.*

Pick the flowers clean and weigh them, and do in every respect as you did your Rosemary-flowers, only when they be Candyed you must set them in a Still, and so keep them in a sheet of white Paper putting

putting every day a Chafing-dish of Coals into your Still, and it will be excellently candied in a small time.

106. *To make Bisket-cakes.*

Take a peck of flower, 4 ounces of Coriander-seed, 1 ounce of Anniseed; then take 3 Eggs, 3 spoonfuls of Ale yeast, and as much warm water as will make it as thick as paite for Maunchets, make it into a long roul and bake it in an Oven an hour, and when it is a day old, pare it and slice it, sugar it with searced sugar and put it again into the Oven and when it is dry take it out, and new sugar it again, and so box it and keep it.

107. *To make PASTE-royal.*

Take a pound of refined Sugar beaten and searced, and put into a stone Morter, with an ounce of gumdragagant steeped in rose-water, and if you see your past be too weak put in more Sugar, if too dry more gum, with a drop or two of Oyl of Cinamon, beat it into a perfect paste, and then you may print it in your moulds, and when it is dry, gild it, and so keep them.

108. *To make Apricock-cakes.*

Procure the fairest Apricocks you can get, and let them be parboyl'd very tender, take of the same quantity of sugar whereof the pulp is, and boyl them together very well, alwayes keeping them stirring for fear of burning too; when the bottom of the skillet is dry they are enough, then put them into little Cards sowed round about, and dust them with fine sugar, and when they are cold, stone them and turn them, and fill them up with some more of the same stuff, but let them stand 3 or 4 dayes before you remove them from the first place;

place; when you find them begin to Candy, take them out the Cards and dust them with sugar.

109. *To make Conserues for Tarts all the Year.*

Take Damsons or ripe Plums, and peel off their skins, and so put them in a Pot, to Pippins pared, and cut in pieces, and so bake them, then strain them through a piece of Canvas, and season them with Cinamon, Sugar, Ginger, and a little Rose-water: Boyl it upon a Chafing-dish of Coals, till wa it be as thick as a Conserve, and then put it in-sea to your Gally-pots, and it will keep all the Year. th

110. *To dry Pippins.*

Take the fairest yellow Pippins, pare them, make a hole through every one, then parboyl them a little in fair water, then take them up, and put them into as much clarified Sugar as will cover them, let them boyl gently a little while in that Syrup, then take them out and put them into an Earthen Platter, and cast fine sugar upon them, and set them into the Oven half an hour, then take them out, and cast some more Sugar on them, (being turned) and so three times, and they will be well dried.

111 *To make Paste of Genua.*

Take two pounds of the Pulp of Quinces, and as much of Peaches, strain it, and dry it in a dish upon a chafing-dish of Coals, then weigh it, and boyl it to the height of *Mannus Christi*, and then put them together, and so fashion it upon a Pye-plate, and dry it in an Oven with a Chafing-dish of Coals till it be thorow dry, and you may spot them with Gold.

112. *To make Leach.*

Make your Jelly for your Leach with Calves-Fect, as you do your ordinary Jelly, but a little stiffer;



take it off; and when it is cold take off the top, and the bottom, and set it over the Fire with some Cinnamon and Sugar, then take your Turnsole being well steeped in Sack, and crush it, and strain it in your Leach, boyl it so thick as you may slice it.

113. *To dry any kind of Fruits after Preserv'd.*

Take Pippins, Pears, or Plums after they are preserved out of the Syrup, and wash them in warm water, and then strew them over with sugar finely sieved, as you do flower upon Fish to fry, and set them into a broad earthen Pan, and lay them one by another; then set them into a warm Oven until they be dry, and turn them every day until they be quite dry; and you may if you please, candy them therewithal, cast sugar 3 or 4 times as you dry them.

114 *To make Quiddany of Quinces.*

Take the Kernels out of 7 or 8 great Quinces, and boyl them in a quart of spring-water, till it come to a pint, then put into it a quarter of a pint of Rose-water, one pound of fine Sugar, and let it boyl till it come to be of a deep colour, then take a drop and drop it into the bottom of a saucer, and if it stand, take it off, then let it run through a Jelly-bag into a Bason, then set it over a chafing-dish of coals, to keep it warm, then take a spoon and fill your Boxes as full as you please; when they be cold, cover them, and if you please to print it in moulds, wet your moulds with Rose-water, and let it run in, and when it is cold, turn it into Boxes.

115. *To make sweet Cakes without Spice or Sugar.*

Take Parsnips, and scrape them clean, slice them thin, and dry them well, beat them to powder, mixing one third part thereof with two thirds of fine wheat-flower, make up your Paste into Cakes and you

you will find them very sweet and Delicate

116. *To make Wormwood-wine.*

Take small Rochel or Camahewine, put a few drops of the extracted Oyl of Wormwood therein, brew it together out of one pot into another, and you shall have a more wholesome wine for your Body than that which is Sold for right *Wormwood-Wine*.

117. *To make sweet-Bags to lye among Linnen.*

Fill your bags only with *Lignum* and *Rhodium* finely beaten, and it will give it an excellent Scent.

118. *To make Spirit of Honey.*

Put one part of Honey to five parts of water, when the water boyleth dissolve your Honey therein, scum it, and having boyled an Hour or two, put it into a wooden Vessel, and when it is blood-warm set it on the fire with Yeast, after the usual manner of Beer and Ale, tun it; and when it hath lain some time it will yield a Spirit by distillation, as Wine and Ale.

119. *To preserve Artichoaks.*

Cut off the stalks of your Artichoaks within two Inches of the Choak; and make a strong Decoction of the rest of the stalks, slicing them into thin small pieces, and let the Artichoaks lye in this Decoction, and when you use them, you must put them first in warm water, and then in cold, and so take away the Bitterness of them.

120. *To make Syrup for a Cough of the Lungs.*

Take a Pottle of fair running water in a new Pipkin, and put into it half an ounce of Sydrack, half an ounce of Maiden-hair, and a good handful of E-lecampane Roots sliced, boyl all together, until half be boyled away even to Syrup, then put into it the whites of Eggs, and let it boyl two or three walms, and give the Patient a spoonful Morning & Evening.

121. *To make Banbury-Cakes.*

Take



Take 4 pound of Currans, wash and pick them very clean, dry them in a Cloth, then take three Eggs and put away one yolk, and beat them and strain them with Yeast, putting thereto Cloves, Mace, Cinnamon, and Nutmegs, then take a pint of Cream, and as much Mornings Milk, and let it warm, then take Flower, and put in good store of cold Butter and Sugar, then put in your Eggs, Yeast and Meal, and work them altogether an hour or more, then save a piece of the Paste, and break the rest in pieces, and work in your Currans, then make your Cake what quantity you please, and cover it very thin with the Paste wherein were no Currans, and so bake it according to the bigness.

122. *To make Ginger-bread.*

Take a quart of Honey, and set it on the Coals and refine it, then take Ginger, Pepper, and Licorise of each a penny-worth, a quarter of a pound of Anniseeds and a penny-worth Saunders; beat these and searce them, and put them into the Honey, add a quarter of a pint of Claret, or old Ale, then take three penny Maunchets finely grated, and strew it amongst the rest, and stir it till it come to a stiff Paste, make them into Cakes, and dry them gently.

123. *To make Wormwood-Water.*

Take 2 Gallons of good Ale, a pound of Anniseeds half a pound of Liquorise, and beat them very fine, then take 2 handfuls of the crops of Wormwood, put them into Ale, and let them stand all Night, and let them stand in a Limbeck with a moderate Fire.

124. *To make Paste of Quinces.*

First boyl your Quinces whole, and when they are soft, pare them, and cut the Quince from the Core, then take the finest Sugar  
you

you can get finely beaten or ſearced, and put it a little Roſe-water, and boyl it together till it ſtiff enough to mould, and when it is cold, roul and print it. A pound of Quinces will require a pound of Sugar, or thereabouts.

125. *To make thin Quince-Cakes.*

Take your Quince when boyled ſoft, and dry upon a pewter plate with a ſoft heat, and ſtir it with a ſlice till it be hard, then take ſearced ſugar to the ſame weight, and ſtrow it upon the Quinces as you beat it in a wooden or ſtone Morter, and ſo roul them thin and print them.

126. *To make fine Cakes.*

Take a pottle of fine flower, and a pound of Sugar, a little Meal, and good ſtore of water to mingle the flower into a ſtiff Paſte, with a little Salt, and ſo Knead it, and roul out the Cakes thin and bake them on Paper.

127. *To make Suckets.*

Take Curds, and the paring of Lemons, Oranges or Pome-Citrons, or any half-ripe green Fruit, boyl them till they be tender in ſweet Wort, then take 3 pound of Sugar, the whites of 4 Eggs, and a Gallon of water, beat the water and Eggs together, and then put in your Sugar, and ſet it on a gentle fire, and let it boyl 6 or 7 walms, then ſtrain it through a Cloth, and ſet it on again, till it fall from the Spoon, and then put it into the Rinds or Fruits.

128. *To make Leach Lombard.*

Take half a pound of blanched Almonds, 2 ounces of Cinamon beaten and Searced, half a pound of Sugar, beat your Almonds, and ſtrow on your Cinamon and Sugar, till it come to a paſte, then roul it, and print it as aforeſaid.

129. *To*

## 129. To make rare Damask-water.

Take a quart of Malmsey-Leaves, or Malmsey, 1 handful of Marjoram, as much Basil, 4 handfuls of Lavender, 1 handful of Bay-leaves, 4 handfuls of Damask-Rose-leaves, as many red Roses, the peels of 6 Oranges, or else one handful of the tender leaves of Walnut-trees, half an ounce of *Benjamin*, *Calamus Aromaticus* as much, Camphire 4 drams, Cloves an ounce, Bildanum half an ounce, then take a pottle of running water and put in all these Spices bruised into your water and Malmsey together in a pot close stopped, with a good handful of Rosemary, and let them stand for the space of 6 dayes, then distil it with a soft fire, and set it in the Sun 16 days with 4 grains of Musk bruised, this Quantity will make three quarts of Water.

## 130. To make Wash.balls.

Take *Storax* of both kinds, *Benjamin*, *Calamus Aromaticus*, *Lapdanum* of each alike, bray them to powder with Cloves & Orris, beat them all with a sufficient quantity of Soap till it be stiff, then work it like Paste, and make round balls thereof.

## 131. To make a Musk-ball.

Take Nutmegs, Mace, Cloves, Saffron, and Cinnamon, of each the weight of two-pence, and beat it to fine powder, add as much Mastick, of *Storax* the weight of Six-pence, of *Lapdanum* the weight of ten-pence, of Amber-greese the weight of six-pence, and of *Musk* 4 grains, dissolve and work all these in hard sweet Soap, till it come to a stiff Paste, and then make balls thereof.

## 132. To make Imperial Water.

Take a Gallon of Gascoign Wine, Ginger, Galingal, Nutmegs, Grains, Cloves, Anniseeds, Fennel-seeds,

seeds, Caraway-seeds, of each one Dram, Sage, Mint, red Roses, Time Pellitory, Rosemary, will Thyme, Camomile, and Lavender, of each a handfull, then beat the Spices small, and the Herbs also, and put altogether in the Wine, and let it stand so 12 hours, stirring it divers times, then distill it with a Limbeck, and save the first water for it is best: of a gallon of Wine you must not take above a quart of Water. This water comforteth the vital Spirits, and helpeth the inward Diseases that come of cold, as the Palsie, and contraction of Sinews, it also killeth Worms, and comforts the Stomach, it cureth the cold Dropisie, helpeth the Stone and stinking Breath, and maketh one seem Young.

133. *To make Verjuyce.*

Gather your Crabs as soon as the Kernels turn black, and lay them a while in a heap to sweat, then pick them from the stalks, blacks and rottenness, then crush and beat them all to pieces in a Tub, then make a bag of course hair-cloth as big as your press, and press it as long as any moisture will drop out, having a clean Vessel underneath to receive the Liquor, then tun it up in sweet Hogs-heads, & to every Hogs-head, put 6 handfulls of Damask Rose leaves, then bring it up, and spend it as you have occasion.

134. *To make dry Sugar Leach.*

Blanch your Almonds and beat them with a little Rose-water and the white of an Egg, and then beat it with a good quantity of Sugar, and work it as you would work a piece of Paste, then roul it, and print it, only be sure to strew sugar in the print, for fear of cleaving to.

135. *To make fine Jumbals.*

Beat a pound of Sugar fine, then take the same quantity

quantity of fine wheat Flower, and mix them together, than take 2 whites and 1 yolk of an Egg, half a quarter of a pound of Blanched Almonds, then beat them very fine all together, with half a pound of sweet Butter, and a spoonful of Rose-water, and so work it with a little Cream till it come to a stiff paste, then roul them forth as you please; you may add a few fine dried Anniseeds finely rub'd and strewed into the paste, with Coriander seeds.

136. *To make Spirit of Roses.*

Bruise the Rose in his own juice, adding thereto, being temperately warm, a convenient proportion either of Yeast, or Ferment, leave them a few days to ferment, till they get a strong and heady smell, near like to Vinegar, then distill them, and draw so long as you can find any scent of the Rose to come, then distill it again so often till you have purchased a perfect Spirit of the Rose. You may also Ferment the juice of Roses only, and after Distill it.

137. *To make Syrup of Elder.*

Take Elder Berries when they are red, bruise them in a stone Morter strain the Juice, and boyl it away to almost half, scum it very clean, take it off the Fire whilst it is hot, put in Sugar to the thickness of a Syrup, put it no more on the fire when it is cold, put it into Glasses, not filling them to the top, for it will work like Beer.

138. *To make Oranges of water.*

Take 2 quarts of the best Malaga-Sack, and put in as many of the peels of Oranges as will go in, cut the white clean off, steep them 24 hours, then still them in a Glass-still, and let the water run into the Receiver, upon fine sugar-Candy; you may still it in an ordinary Still.

*139. To make a Cordial of great Vertue.*

Take a pint and a half of the strongest Ale may be gotten, 20 Jordan Almonds clean wiped, but neither wash'd nor blanch'd, with 2 Dates minced very small and stamped; then take the pith of young Beef, the length of 12 Inches, lay it in water till the blood be out of it, then strip the skin off it, and stamp it with the Almonds, and Dates, then strain them altogether into the Ale, boyl it till it be a little thick, give the party in the Morning 6 spoonfuls, and as much when he goeth to Bed.

*140. An excellent Surfeit-Water.*

Take Cellandine, Rosemary, Rue, Pellitory of Spain, Scabious, Angelica, Pimpernel, Wormwood, Mugwort, Bettony, Agrimony, Balm, Dragon, and Tormentile, of each half a pound, shred them somewhat small and put them into a narrow mouthed pot, and put to them five quarts of White-wine, stop it close, and let it stand 3 Days and Nights, stirring it Morning and Evening, then take the herbs from the Wine, and distil them in an ordinary Still, and when you have distilled the Herbs, distil the Wine also, wherein is vertue for a weak stomach. Take three or four spoonfuls at any time.

*141. To make a Syrup for one short-winded.*

Take a good handful of Hyssop, and a handful of Horehound, and boyl them in a quart of Spring water to a pint, then strain it through a clean Cloth, and put in Sugar to make it pleasant. Stir it Morning and Evening with a Liquorise stick, and take about three spoonfuls at a time.

*142. To make Syrup of Sugar-Candied.*

Take Sugar-Candied and put it into a clear bladder and tie it, but so that it may have some vent, then put



put it into a bason of water, so that the water come not over the top of the bladder, and cover it with a Pewter Dish, and let it stand all Night, and in the Morning take of it with a Licorise-stick.

143. *To make an excellent Syrup against the Scurvy.*

Take of the juice of Garden Scervy-grass, Brooklime and Water-cresses, of each six ounces, and after it hath stood till it is clear, take 16 ounces of the clearest and put to it 4 ounces of the juice of Oranges and Lemons, make it a clear Syrup with so much fine Sugar as will serve the turn.

144. *To make Syrup of Roses.*

When your Liquor is ready to boyl, put as many Roses as will be well steeped into it, cover it close, and when the Roses are thoroughly white, then strain it, and set it on the fire again, and so use it 13 times, and to every pint of your water or Liquor, you must put a pound of Sugar, and let it stand together steeping for the space of one night, then scum it clean and seethe it over a quick Fire a quarter of an hour, then take some whites of Eggs, and beat them well together, take off your pot, and put in the whites, and then set it on the fire again; and let it boyl a good while, then let it run through a Jelly bag, till it will stand still upon your Nail.

145. *To make a comfortable Syrup.*

Take a handful of Agrimony, and boyl it in a pint of water till half be consumed, then take out the Agrimony, and put in a good handful of Currans, and boyl them till they are ready to break, then strain them, and make a Syrup of them, then set it on a Chafing dish of Coals, and add thereto a little white Saunders, and drink it hot or cold.

146. *To make an Almond-Caulis.*

Take 3 pound of Ale with Cloves and Mace, and slice bread in it, then have ready beaten a pound of Almonds blanched, and strain them out with a pint of white-wine, and thicken the Ale with it sweeten it if you please, but be sure scum the Ale when it boyls.

147. *To Candy Cherries.*

Take your Cherries before they be full Ripe, take out the stones, put Clarified Sugar boyled to a height, and then pour it on them.

148. *To make Rose-water.*

Take a pint of Endive-water, two ounces of saffron finely beaten, then steep it therein all night, the next day boyl it and strain out the Saffron, then with Sugar boyl it up to a Syrup.

149. *To make Syrup of Saffron.*

Stamp the Leaves, and first distil the Juice being squeezed out, and after distil the leaves, and so you may dispatch more with one Still, than others will do with 3 or 4, and this water is every way as Medicinable as the other, serving very well in decoctions and syrups, &c. Though it be not altogether so pleasing to the smell.

150. *To make Suckets of Green Walnuts.*

Take Walnuts when they are no bigger than the largest Hasel Nut, pare away the uppermost green, but not too deep, then boyl them in a pottle of water, till the water be boyled away, then take so much more fresh water, and when it is boyled to the half, put thereto a quart of Vinegar, and a pottle of Clarified Honey.

151. *To make white Leach of Cream.*

Take a pint of sweet Cream, and 6 spoonfuls of Rose-water, 2 grains of Musk, 2 drops of Oyl of Mace,

Mace, and so let it boyl with 4 ounces of Ising-Glass then let it run through a Jelly-bag, when it is cold slice it like brawn, and so serve it out. This is the best way to make Leach.

152. *To preserve Pome citrons.*

You must take a pound and a half of Pome-Citrons, and cut them in halves and quarters, take the Meat out of them, and boyl them tender in fair water, then take 2 pound of Sugar clarified, and make Syrup for them, and let them boyl therein a quarter of an hour very gently, then take them up and let your Syrup boyl till it be thick; then put in your Pome-Citrons, and you may keep them all the Year.

153. *To pickle Clove-Gilly-Flowers for Sallets.*

Take the fairest Clove-Gilly-Flowers, clip of the whites from them, put them into a wide-mouth'd Glass, and strew a good deal of Sugar finely beaten among them, then put as much wine Vinegar to them as will thoroughly wet them, tye them up close and set them in the Sun, and in a little while they will be fit for use.

154. *To make Leach of Almonds*

Take half a pound of sweet Almonds, and beat them in a mortar. then strain them with a pint of sweet milk from the Cow, then put to it one grain of Musk, 2 spoonfulls of Rose-water, 2 ounces of fine Sugar, the weight of 3 Shillings in Isinglass that is very white, boyl them together, and let it all run through a strainer, then fill it out and serve it.

155. *To Candy Marigolds in wedges, the Spanish Fashion.*

Take of the fairest Marigold Flowers, 2 ounces and shred them small, and dry them before the Fire, then take 4 ounces of Sugar, and boyl it

height, then pour it upon a wet Pye-plate, and between hot and cold cut it into wedges, & lay them on a sheet of white paper, and put them in a stove.

156. *To Candy Eringo Roots.*

Take your Eringo's ready to be preserved; and weigh them, and to every pound of your Roots take of the purest Sugar you can get 2 pound, and Clarifie it with the whites of Eggs exceeding well, that it may be as clear as Crystal, for that will be best; it being Clarified boyl it to the height of *Manus Christi*, then dip in your Roots 2 or 3 at once, till all be Candyed, and put them in a Stove, and so keep them all the Year.

157. *To Candy Elecampane roots.*

Take of your fairest Elecampane roots, and take them clean from the syrup, and wash the sugar off them, and dry them again with a linnen Cloath; then weigh them, and to every pound of roots take a pound and 3 quarters of sugar. Clarifie it well, and boyl it to a height, and when it is boiled dip in your roots, 3 or 4 at once, and they will Candy very well, and so stove them, and keep them all the Year.

158. *To make Cinamon-Sugar.*

Lay pieces of sugar in close Boxes amongst sticks of Cinamon, or Cloves, and in a short time it will have the taste and scent of the spice.

159. *To make a Trifle.*

Take Cream and boyl it with a cut Nutmeg, add Lemon peel a little, then take it off; cool it a little, and season it with Rose-water and Sugar to your taste, put this in the thing you serve it in, then put a little Runnet to make it come, and serve it up.

160. *To Candy Barberries.*

First preserve them, then dip them quickly into  
warm

warm water to wash off the rosy syrup, then strewe them over with searced sugar, and set them into an Oven or Stove three or four hours, always turning them, and casting more fine sugar upon them, and never suffer them to be cold till they be dried, and begin to look like Diamonds.

161. *To make Cream Apricocks.*

First boyl your Apricocks with water and Sugar till they are tender, and afterwards boyl them in Cream, then strain them and season it with Sugar.

162. *To make Quince Cream.*

Take a roasted Quince, pare it and cut it into thin slices to the Core, boyl it in a pint of Cream, with a little whole Ginger till it taste of the Quince to your liking, then put in a little sugar, and strain it, and always serve it cold to the Table.

163. *To preserve Barberries.*

Take one pound of Barberries pickt from the stalks, put them in a pottle pot, and set it in a brazen pot full of hot water, and when they be stewed strain them, and put to them a pound and a half of Sugar, and put to them a pint of red Rose-water, and boyl them a little, then take half a pound of the fairest Clusters of Barberries you can get, and dip them in the syrup while it boyleth; then take the Barberries out boyl the Syrup while it is thick, and when cold, put them in the glasses with the Syrup.

164. *To make Cullice.*

Take a Cock and dress him, and boyl him in White wine, scum it clean, and clarifie the Broth (being first strained) then take a pint of sweet cream, and strain it, and so mix them together; then take beaten Ginger, fine Sugar, and Rose-water, and mix them altogether, and boyl it a little more.

*165. To make a Cordial strengthening Broth.*

Take a Red Cock, strip off the Feathers from the skin, then break his Bones to shivers with a Rolling pin; set it over the Fire, and just cover it with water put in some Salt, watch the scuming and boyling of it, put in a handful of Harts-horn, a quarter of a pound of blue Currans and as many Raisins of the Sun stoned, and as many Pruans, four blades of large Mace, a bottom Crust of a white Loaf, half an ounce of China-Root sliced, being steeped three hours before in warm water, boyl three or four pieces of Gold, strain it, and put in a little fine sugar and juice of Orange, and so use it.

*166. To make Sugar-cakes*

Take one pound of fine Flower, one pound of sugar finely beaten, and mingle them well together, then take seven or eight Yolks of Eggs, then take 2 Cloves, and a pretty peice of Cinamon, and lay it in a spoonful of Rose-water all night, and heat it almost Blood warm, temper it with the rest of the stuff, when the Past is made, make it up as fast as you can, and bake them in a soft Oven.

*167. To take spots and stains out of Cloaths.*

Take 4 ounces of white hard Soap, beat it in a Morter with a Limon sliced and as much Roch Alom as an Hasel-Nut, roul it up in a Ball, rub the stain therewith, and after fetch it out with warm water, if need be.

*168. To make Cucumbers green.*

You must take two quarts of Verjuyce or Vinegar, and a Gallon of fair water, a pint of Bay-salt, and a handful of green Fennel or Dill, boyl it a little, and when it is cold put it into a Barrel, then put your Cucumbers into that pickle, and you may keep them



them all the year.

169. *To make Cakes of Lemons.*

Take of the finest double refined Sugar, beaten very fine, and searced throug fine Taffany, and to half a porringer of Sugar put two spoonfuls of water, and boyl it till it be almost Sugar again, then grate of the hardest Rinded Lemon, and stir it into your Sugar, put it into your Coffins, and a paper, and when they be cold, take them off.

170. *To make Black Cherry wine.*

Take a Gallon of the juice of Black-Cherries, keep it in a Vessel close stopped till it begin to work, then filter it, and an ounce of Sugar being added to every pint and a Gallon of White wine, and keep it stopped for use.

171. *To make Rose Vinegar.*

Take of Red-Rosebuds (gathered in a dry time, the whites cut off, then dry them in the shade 3 or 4 days) one pound, of Vinegar 8 sextaries, set them in the Sun 40 days, then strain out the Roses and put in fresh, and so repeat it 3 or 4 times.

172. *To make Syrup of Vinegar.*

Take of the Roots of Smalledg, Fennel, Endive, of each 3 ounces, Anniseeds, Smalledg, Fennel, of each one ounce, Endive half an ounce, clear water 3 quarts, boyl it gently in an Earthen Vessel till half the water be consumed, then strain and clarifie it, and with 3 pound of Sugar, a pint and a half of White-wine Vinegar, boyl it into a Syrup. This is a gallant Syrup for such whose Bodies are ituffed either with Phlegm, or rough Humours, for it opens Obstructions or Stopping both of the Stomach, Liver, Spleen and Reins, it cuts and brings away tough flegm and Choler.

173. To make Syrup of Apples.

Take 2 quarts of the juice of sweet-scented Apples and the juice of Bugloss, Garden and wild, of Violet leaves, and Rose-water, of each a pound, boyl them together, Clarifie them, and with 6 pound of very fine Sugar boyl them into a Syrup.

174. To make the Capon-water against a Consumption.

Take a Capon, the Guts being pull'd out, cut it in pieces, and take away the Fat, boyl it in a close vessel in a sufficient quantity of Spring-water. Take of this Broth three pints, of Burrage and Violet-water a pint and half, white-wine one pint, red Rose-leaves two drams and a half, Burrage-flowers, Violets, and Bugloss, of each one dram, pieces of Bread out of the Oven, half a pound, Cinamon bruised half an ounce. Still it in a glass Still according to Art. This is a Sovereign Remedy against Headstick Fevers and Consumption: Let such as are subject to those Diseases, hold it as a Jewel.

175. To make Elder Vinegar.

Gather the flowers of Elder, pick them very clean, dry them in the Sun, on a gentle heat, and to every quart of Vinegar, take a good handful of flowers, and let it stand in the Sun a Fortnight, then strain the vinegar from the flowers, and put it into the Barrel again, and when you draw a quart of Vinegar, draw a quart of Water, and put it into the Barrel Luke-warm.

176. To make China-Broth.

Take an ounce of China-root clipp'd thin, and steep it in 3 pints of water all night on Embers covered, the next day take a Cock-chicken clean pickt, and the Guts taken out, put in it's belly Agrimony and

and Maiden-hair, of each half a handful, Raisins of the Sun stor<sup>d</sup>, one good handful, and as much French Barley; boyl all these in a Pipkin close covered on a gentle Fire, for six or seven hours, let it stand till it be cold, strain it, and keep it for your Use: Take a good Draught in the Morning, and at four in the Afternoon.

177. *To make paste of tender Plumbs.*

Put your Plumbs into an Earthen pot, and set it into a pot of boyling water, and when the Plumbs are dissolved, then strain the thin Liquor from them through a Cloth, and reserve that Liquor to make Quiddany, then strain the pulp through a piece of Canvas, and take as much Sugar as the pulp in weight, and as much water as will wet the same, and so boyl it to a Candy-height, then dry the pulp upon a Chafing-dish of Coals, then put your Syrup and the pulp so hot together, and boyl it, always stirring it till it will lye upon a Pye-plate, as you lay it, and that it run not abroad, and when it is somewhat dry, then use it, but put to it the pulp of Apples.

178. *To make Cream of Codlings.*

First scald your Codlings, and so peel off the Skin, then scrape the pulp from the Cores, and strain them with a little Sugar and Rose-water, then lay your pulp of Codlings in the middle of the Dish, and so much raw Cream, round it as you please, and so serve it.

179. *To make Sugar of Roses.*

Take of Red-rose-leaves, the whites being cut off an Ounce, dry them in the Sun speedily, put to it a pound of white Sugar, melt the Sugar in Rose-water and Juyce of Roses, of each two Ounces, which

*Preserving Conseruing,*

being consumed by de rees, put in the Rose-leaves in powder, mix them, put it upon a Marble, and make it into Lozenges according to Art.

180. *To make a Cream Tart.*

Cut the Crust of a Manchet, and grate it small, and mix it with thick Cream, and some sweet Butter, then take 24 yolks of Eggs, and strain them with a little Cream, putting thereto a good quantity of Sugar, mix these very well, and set it upon a small fire, and so let it boyl till it be thick, then make two sheets of Paste as thin as you can, and raise the sides of one of them the height of one of your fingers in Breadth, and then fill it, and cover it with the the other sheet, then bake it half a quarter of an hour, then put Sugar on it, and so serve it.

181. *To make Poppey-water.*

Take of red Poppies four pound, put to them a quart of White-wine, then distil them in a common Still, then let the distil'd water be poured upon fresh Flowers, and repeated 3 times, to which add 9 Nutmegs sliced, Red Poppy-flowers a pugil, white Sugar two ounces, set it to the Fire, to give it a pleasing Sharpness, and Order it according to your Taste.

182. *To make Mathiolus Bezoar's Water.*

Take of Syrup of Citron-peels a quart, and as much of Dr Mathiolus great Antidote, with five pints of the Spirit of Wine five times distill'd over, put all these in a Glass that is much too big to hold them, stop it close that the Spirit fly not out, then shake it together, that the Electuary may be well mingled with the Spirit, so let it stand a Month, shaking it together twice a Week ( for the Ele-

Electuary will settle at the bottom) after a Month pour off the clear Water into another Glass to be kept for your use, stopping it very close with Wax and Parchment, else the Strength will easily fly away in vapours.

183. *To make Marmalade of red Currans:*

Take the juyce of red Currans, and put it into a pretty quantity of white Currans, clean pickt from the stalks, and Buttons at the other end; let these boyl a little together, have also ready some fine Sugar boyl'd to a Candy-height, put of this to the Currans, according to your Discretion, and boyl them together till they be enough, and bruse them with the back of your spoon, that they may be as thick as Marmalade, and when it is cool put it into Pots: You need not stone the whole Currans unless you please.

184. *To make a Syllabub.*

Take a pint of Verjuice in a Bowl, milk the Cow to it, then take off the Curd, and take sweet Cream and beat them together with a litle Sack and Sugar, put it into your Syllabub-pot, strew Sugar on it, and serve it.

185. *To make pleasant Mead.*

Put a quart of Honey to a gallon of water, with about 10 sprigs of sweet Marjoram, and half so many tops of Bays, boyl all these well together, and when it is cold, Bottle it up, and in ten days it will be ready to Drink.

186. *To make Steppony.*

Take a Gallon of Conduit-water, a pound of blew Raisins of the Sun stoned, and half a pound of Sugar, squeeze the juyce of two Lemons upon the Raisins and Sugar, and slice the Rhinds upon the

### *Preserving Conseruing;*

boyl the water, and pour it boyling hot upon the Ingredients of an earthen pot, and stir them well together, so let it stand 24 hours, then put it into Bottles, having first let it run through a strainer, and set them in a Cellar, or other cool place.

#### *187. To make Syder.*

Take a peck of Apples and slice them, and boyl them in a Barrel of Water till the third part be wasted; then cool your water as you do Wort, and when it is cold you must pour the water upon three measures of grown Apples. Then draw forth the water at a Tap three or four times a Day for three dayes together, then press out the Liquor and Tun it up, when it hath done working stop it up close.

#### *188. To make Cock-Ale.*

Take eight Callons of Ale, then take a Cock and boyl him well with four pound of Raisins of the Sun well stoned, two or three Nutmegs, three or four flakes of Mace, half a pound of Dates, beat all these in a Morter, and put to them two quarts of the best Sack, and when the Ale hath done working, put these in and stop it close six or seven days, and then Bottle it, and a Month after you may drink it.

#### *189. To make a Caraway-cake.*

Take three pound and a half of the finest flower, and dry it in an Oven, one pound and a half of Sweet Butter, and mix it with the flower very small, that none of it be seen, then take three quarters of a pint of new Ale-yeast, and half a pint of Sack, and half a pint of new-Milk, with six spoonfuls of Rose-water, and four yolks, and 2 whites of Eggs, then let it lye before the fire half an hour or more, and when you go to make it up, put in three quarters

of



of Caraway-Comfits, and a pound and half of Biskets. Put it into the Oven, and let it stand an hour and half.

190. *To make Strawberry-wine.*

Bruise the Strawberries, and put them into a linnen-bag which hath been a little used, that so the Liquor may run through more easily, then hang in the bag at the bung into the vessel. Before you put in your Strawberries, put in what quantity of Fruit you think good to make the Wine of a high Colour ; during the working, leave the bung open, and when it hath worked enough, stop your Vessel. Cherry-wine is made after the same Fashion, but then you you must break the Stones.

191. *To make a Cordial Water of Clove-gilly-flowers.*

Put Spirit of Wine or Sack upon Clove-gilly-flowers, digest it two or three days, put all in a Glass-body, laying other Clove-gilly-flowers at the mouth of it upon a Cambrick or Boulter-cloth, that the Sprit rising, and passing through the Flowers, may tinge it self of a beautiful Colour ) add a Head with a Limbeck and Receiver : Then Distil the Spirit as strong as you like it, which sweeten with Syrup of Gilly-flowers, or fine Sugar.

192. *To make an excellent Surfeit-water.*

Take Mint and Carduus 4 parts, Angelica one part, Wormwood two parts ; chop and bruise them a little, put a sufficient quantity of them into an ordinary Still, and put upon them enough new Milk to soak them, but not to have the Milk swim much over them. Distil this as you do Rose-water, stirring it sometime with a stick, to keep the Milk from growing to a Cake.

193. *To make Mint-water.*

Take two parts of Mint, and one part of Worm-wood, and two parts of Carduus, put theſe into as much new Milk as will ſoak them: Let them infuſe five or ſix hours, then diſtil it as you do Roſe-water, but you muſt often take off the Head, and ſtir the Matter well with a Stick, : Drink of this Water a wine-Glaſs full at a time, ſweetned with fine Sugar to your Taſte.

194. *To Pickle Artichoaks.*

Take your A'rtichoaks before they are overgrown, or too full of ſtrings, and when they are pared round, that nothing is left but the bottom, boyl them till they be indifferent Tender, but not full boyled, take them up, and let them be cold, then take good Stale Beer, and White-wine, with a great quantity of whole Pepper, ſo put them up into a Barrel with a ſmall quantity of Salt; keep them cloſe, and they will not be ſowre, it will ſerve for baked and boyl'd Meats all the Winter.

195. *To make Raſberrie-Cream.*

When you have boyled your Cream, take two Ladlefuls of it, being almoſt cold, bruife the Raſberries together, and ſeaſon it with Sugar and Roſe-water, and put it into your Cream, ſtirring it altogether, and ſo diſh it up.

196. *To make Snow-Cream.*

Break the whites of ſix Eggs, put thereto a little Roſe-water, beat them well together with a Bundle of Feathers, till they come perfectly to reſemble Snow, then lay on the ſaid Snow in heaps upon other Cream that is cold, which is made fit for the Table: you may put under your Cream in the bottom of the Diſh, part of a penny-loaf, and ſtick there-

herein a branch of Rosemary or Bays, and filly our  
free with the said Snow to serve it up.

197. *To make Hydromel.*

Take eighteen quarts of Spring-water, and one  
quart of Honey; when the water is warm, put the  
Honey into it, when it boyls up scum it very  
well, even as long as any Scum will rise; then  
put in one Race of Ginger, sliced in thin slices,  
four Cloves, and a little sprig of green Rosemary  
boyl altogether an hour, then set it to cool till it  
be Blood-warm, and then put to it a spoonful of  
Ale-yeast, when it is work'd up, put it into a vessel  
of a fit size, and after two or three days Bottle it  
up; you may drink it in six Weeks or 2 Months.

198. *To make a whipt Syllabub.*

Take the whites of two Eggs, and a pint of Cream  
with 6 spoonfuls of Sack, and as much Sugar as  
will sweeten it, then take a Birchen-rod and whip  
it, as it riseth in the Froth scum it, and put it into  
the Syllabub-pot, so continue it with Whipping and  
Scumming, till your Syllabub-pot be full-

199. *To make Marmalade of Cherries.*

Take four pound of the best *Kentish-Cherries* be-  
fore they be stoned, to one pound of pure Loaf-Su-  
gar, which beat into small powder, stone the Cher-  
ries, and put them into a preserving-pan over a gen-  
tle fire, that they may not boyl, but dissolve much  
into Liquor. Take away with the Spoon much  
of the thin Liquor, leaving the Cherries moist e-  
nough, but not swimming in clean Liquor; then  
put to them half your Sugar, and boyl it up ve-  
ry quick, and scum away the Froth that riseth,  
when it is well incorporated and clear, strew in  
little more of the Sugar, and continue so by little  
and

and little, till you have put in all your Sugar powder which will make the Colour the fairer; when they are boyled enough take them off, and bruise them with the back of a spoon, and when they are cold, put them up in dots.

200. *To make a Flomery-Caudle.*

When Flomery is made, and cold, you may make a pleasant and wholesome Caudle of it, by taking some lumps and spoonfuls of it, and boyl it with Ale and White-wine, then sweeten it to your taste with Sugar. There will remain in the Caudle, some lumps of the congealed Flomery, which are not ingrateful.

201. *To preserve Fruit all the Year.*

Put the Fruit into a fit case of Tin, and solder it together, so that no Air can get in; then lay it at the bottom of a cold Well or running Water.

202. *To make a most rich Cordial.*

Take Conserve of red Roses, Conserve of Orange Flowers, of each 1 ounce; *Confect. Hyacinthi*, Bezoardick, Theriacal Powder of each 2 drams, Confection of Alkerines 1 dram, of powder of Gold, one scruple; mix all these well together in the form of an Opiate, and if the composition be too dry, add to it some Syrup of red Currans, as much as is needful; take of this Composition every Morning the quantity of a Nut.

203. *To make red Currans Cream.*

Bruise your Currans with some boyled Cream, then strain them through your strainer, or sieve, and put the liquid substance thereof to the said Cream, being almost cold, and it will be ready; so serve it up.

204. *To preserve Medlers.*

Take the weight of them in Sugar, adding to every

gall pound thereof a pint and a half of fair water, let  
them be scalded therein, till there skin will come off,  
then take them out of the Water, and stone them at  
the Head, then add your sugar to the water and  
boyl them together, then strain it, and put your Med-  
ers therein, and let them boyl apace till it be thick,  
take them from the Fire, and keep them for use.

205. *To make White Mead.*

Take 6 Gallons of water, and put in 6 quarts of  
Honey, stirring it till the Honey be thoroughly mel-  
ted, then set it over the Fire, and when it is ready  
to boyl, scum it very clean, then put in a quarter of  
an ounce of Mace, and as much Ginger, half an ounce  
of Nutmegs, sweet Marjoram, broad Thyme, and  
sweet-Bryar, of all together a handfull, and boyl them  
therein, then set it by till it be thoroughly cold and  
then barre it up, and keep it till it be ripe.

206. *To make Naples Bisket.*

Take of the same stuff the Mackroons are made of,  
and put to it an Ounce of Pine-Apple seeds, in a  
quarter of a pound of stuff, for that is all the diffe-  
rence between the Mackroons and Naples-Bisket.

207. *To make Chips of Quinces.*

Scald them very well, and then slice them into a  
Dish, and pour a Candy Syr up to them scalding hot;  
and let them stand all night, then lay them on Plates;  
and scarce sugar on them, and turn them every day  
and scrape more sugar on them till they be dry. If  
you would have them look clear, heat them in Syrup  
but not to boyl.

208. *To make Lozenges of Roses.*

Boyl Sugar to a height, till it is Sugar again, then  
beat your Roses fine, and moisten them with the juice  
of Lemons, and put them into let it not boyl.

and little, till you have put in all your Sugar pound  
which will make the Colour the fairer; when be  
they are boyled enough take them off, and bruise tal  
them with the back of a spoon, and when they are He  
cold, put them up in dots.

200. *To make a Flomery-Candle.*

When Flomery is made, and cold, you may make  
a pleasant and wholsome Candle of it, by taking  
some lumps and spoonfuls of it, and boyl it with Tak  
Ale and White-wine, then sweeten it to your taste Honey  
with Sugar. There will remain in the Caudle, t  
some lumps of the congealed Flomery, which are bo  
not ingrateful.

201. *To preserve Fruit all the Year.*

Put the Fruit into a fit case of Tin, and solder swee  
it together, so that no Air can get in; then lay ther  
it at the bottom of a cold Well or running Water. then

202. *To make a most rich Cordial.*

Take Conserve of red Roses, Conserve of Orange  
Flowers, of each 1 ounce; *Confect. Hyacinthi*, Be-  
zoardick, Theriacal Powder of each 2 drams, Con-  
fection of Alkeracs 1 dram, of powder of Gold, one  
scruple; mix all these well together in the form of an  
Oplate, and if the composition be too dry, add to it  
some Syrup of red Currans, as much as is needful;  
take of this Composition every Morning the quanti-  
ty of a Nut.

203. *To make red Currans Cream.*

Fruise your Currans with some boyled Cream,  
then strain them through your strainer, or sieve, and  
put the liquid substance thereof to the said Cream,  
being almost cold, and it will be ready; so serve it up.

204. *To preserve Medlers.*

Take the weight of them in Sugar, adding to eve-  
ry



gall pound thereof a pint and a half of fair water, let  
them be scalded therein, till there skin will come off,  
when take them out of the Water, and stone them at  
the Head, then add your sugar to the water and  
boyl them together, then strain it, and put your Med-  
icines therein, and let them boyl apace till it be thick,  
take them from the Fire, and keep them for use.

205. *To make White Mead.*

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to boyl, scum it very clean, then put in a quarter of  
an ounce of Mace, and as much Ginger, half an ounce  
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but not to boyl.

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beat your Roses fine, and moisten them with the juice  
of Lemons, and put them into let it not boyl.

*Preserving, Conseruing,*  
till your Roses are in, but pour it into a Pye plate  
and cut it into what form you please.

209. *To make Conserve of Buglos-Flowers.*

Pick them as you do Burrage-Flowers, weigh them  
and to every ounce add 2 ounces of loaf-Sugar, and  
of Sugar-Candy, beat them together, till they become  
very fine, then set it on the Fire to dissolve the Sugar  
and when it is so done, and the conserve hot, put it  
into your Glasses, or Gally-pots, for your Use.

210. *To pickle Lemon and Orange-peel.*

Boyl them with Vinegar and Sugar, and put them up  
into the same pickle, you must observe to cut them  
into small thongs, the length of half your Lemon, be-  
ing pared, it is a handsome Winter Sallet; boyl them  
first in water, before you boyl them in Sugar.

211. *To make Goose-berry-Paste.*

Take Gooseberries, and cut them one by one, and  
wring away the juice, till you have got enough for  
your turn, boyl your juice alone, to make it some-  
what thicker, then take as much fine Sugar as your  
juice will sharpen, dry it, and then beat it again,  
then take as much Gum dragon steeped in Rose-wa-  
ter, as will serve, then beat it into a Paste in a Mar-  
ble-Mortar, then take it up and print it in your  
Moulds, and dry it in your stove, when it is dry, box  
it up for your use all the Year.

212. *To make Suckers of Lettuce-stalks.*

Take Lettuce stalks, and peel away the outside,  
then parboyl them in salt water, and so boyl it to a  
Syrup, and when your Syrup is almost cold put in  
your Roots and let them stand all night to take Su-  
gar, then boyl your Syrup again, because it will be  
weak, and then take out your Roots.

213. *To make Musk-Sugar.*

Bruise

bruise 4 or 5 Grains of Musk, put it in a piece of  
lambrick or Lawn, lay it at the bottom of a Gally-  
pot, and strew sugar thereon, stop your pot close,  
and all your sugar in a few days will both smell and  
taste of musk, and when you have spent that sugar, lay  
more sugar thereon, which will also have the same  
scent.

214. *To Preserve Roses or Gilly-Flowers whole.*

Dip a Rose that is neither in the bud nor over-  
blown, in a syrup consisting of sugar double-refined,  
and rose-water boiled to its full height, then open  
the Leaves one by one with a fine smooth Bodkin,  
either of bone or Wood, then lay them on Papers in  
the heat, or else dry with a gentle heat in a close  
Room, heating the Room before you set them in, or  
in an Oven, then put them up in Glasses, and keep  
them in dry Cup-boards near the fire.

215. *To make Syrup of Mint.*

Take the juice of sweet Quinces, and between sweet  
and sour, the juice of Pomegranates, sweet, and be-  
tween sweet and sour, of each a pint and half, dry-  
ed Mint half a pound, red Roses two ounces, let  
them lye in steep one day, then boyl it half away, and  
with four pound of Sugar boyl it into Syrup accor-  
ding to Art.

216. *To make Honey of Mulberries.*

Take the juice of Mulberries and Black-berries be-  
fore they be Ripe, gathered before the Sun be up,  
of each a pound and half, Honey two pound, boyl  
them to their due thickness.

217. *To make Syrup of Purslain.*

Take of the seed of Purslain grossly bruised, half a  
pound, of the juice of Endive boyled and Clarified  
two pints, sugar two pound, Vinegar nine ounces, in-  
fuse

rule the seeds in the juice of Endive twenty 4 hours afterwards boyl it half away with a gentle Fire, then strain it, boyl it with the sugar, to the consistence of a syrup, adding the Vinegar toward the Latter end of the Decoction.

218. *To make Honey of Raisins.*

Take of Raisins of the sun cleansed from the stones 2 pound, steep them in 6 pints of warm water, the next day boyl it half away, and press it strongly, then put 2 pints of Honey to the Liquor that is pressed out, and boyl it to a a thicknes: It is good for a Consumption, and to loosen the Body.

219. *To make a Syrup of Comfrey.*

Take the Roots and Tops of Comfrey, the greater and the less, of each three handfuls, red Koses, Bettony, Plantain, Burnet, Knot-grass, Scabious, Colts-foot, of each two handfuls, press the juice out of them, all being green and bruised, boyl it, scum it, and strain it, add to its weight of Sugar, and make it into a Syrup according to Art.

220. *To pickle Quinces.*

Boyl your Quinces in water till they be soft, but not too violently, for fear of breaking them, when they are soft take them out, and boyl some Quinces pared, quartered and cored, and the parings of the Quinces with them in the same Liquor to make it strong, and when they are boyled that the Liquor is of a sufficient strength, take out the quartered Quinces and parings, and put the Liquor into a pot big enough to receive all the Quinces, both whole and quartered, and put them into it when the Liquor is through cold, and keep them for use close covered.

221. *To make Plague water.*

Take a pound of Rue, of Rosemary, Sage, Sorrel, Ce-

elandine, Mugwort, of the tops of red Brambles.  
rempernel, wild Dragon, Agrimony, Balm, Angelica  
each a pound, put these compounds in a Pot, fill it  
with White-wine above the Herbs, so let it stand four  
days, then distill it for your use in an Alembick.

222. *To make clear Cakes of Quinces.*

Prepare your Quinces and Barberries as before,  
and then take the clearest Syrup, and let it stand  
on the Coals two or three hours, then take the  
weight of it in Sugar, and put near half the  
Sugar to the juice, and so let them boyl a little on  
the fire, and then Candy the rest of the Sugar very  
hard, and so put them together, stirring it till it be  
almost cold, and so put it into Glasses.

223. *To make all sorts of Comfits, and to  
cover Seeds, or Fruits with Sugar.*

You must provide a Bason very deep, either of  
Brass or Tin, with two Ears of Iron to hang with a  
Rope over an Earthen Pan with hot Coals, then  
provide a broad pan for Ashes, and put hot Coals  
upon them, and another clean Bason to melt your  
Sugar in, or a Skillet, as also a Ladle of Brass to  
run the Sugar upon the Seeds, together with a slice  
of Brass, to scrape away the Sugar from the Bason,  
that hangs if there be occasion; then take some of  
the best and fairest Sugar you can get, and beat it  
into powder, cleanse your seeds well, and dry them  
in the hanging bason, put a quarter of a pound of  
Seeds, whether Anniseed, or Coriander-seeds, to  
every two pound of Sugar, and that will make  
them big enough, but if you would have them big-  
ger, add the more Sugar, which you must melt thus;  
put three pound of Sugar into your bason, adding  
to it one pint of clean running water, stir it well  
with

with a brazen lince, till it be well moistened, the  
set it over a clear fire, and melt it well, and let  
it boyl mildly till it Ropes from the Ladle, then  
keep it upon hot Embers, but let it not boyl, and  
so let it run upon the Seeds from the Ladle: If  
you would have them done quickly, let your water  
be boyling hot, and putting a fire under the Ba-  
son, cast on your Sugar boyling hot, put but a  
much Water to the Sugar as will dissolve the same  
neither boyl your Sugar too long, which will  
make it black, stir your seeds in the bason as fast  
as you can as you cast on the Sugar, at the first put  
in but half a spoonful of the Sugar, moving the bason  
very fast, rubbing the Seeds very well with your  
hand, which will make them take Sugar the bet-  
ter, and let them be very well dried between e-  
very Coat, repeat this rubbing and drying of them  
between every Coat, which will make them the  
sooner rot, for this way in every three hours you  
may make three pound of Comfits. A quarter  
of a pound of Coriander-seeds, and three pound  
of Sugar will make very large Comfits, keep your  
Sugar always in good temper, that it run not into  
Lumps,. When your Comfits are made, lay them  
to dry on Papers, either before the Fire, or in the  
hot Sun or in an Oven, which will make them  
very white.

224. *To Candy Nutmegs or Ginger.*

Take a pound of fine Sugar, and six or seven  
Spoonfuls of Rose-water, Gum-Arabick the weight  
of six-pence, but let it be clear, boyl all these to-  
gether till they Rope, put it then out into an earthen  
Dish, put to it your Nutmegs or Ginger, then cover  
it close, and lute it with clay that no Air enter in,  
keep



keep it in a warm place about twenty days, and they will Candy into a Rocky-Candy; then break your Pot and take them out: in the same manner you may Candy Oranges and Lemons.

227. *To make Curran-Wine.*

Pick a pound of the best Currans, and put them in a deep strait mouth'd earthen Pot, and pour upon them about 3 quarts of hot Water, having first dissolved therein 3 spoonfuls of the purest and newest Ale-yeast, stop it very close, till it begins to work, then give it vent as is necessary, and keep it warm for about 3 days; it will work and ferment, taste it after 2 days to see if it be grown to your liking, then let it run through a strainer, to leave behind all the Currans and the Yeast, and so bottle it up; it will be very quick and pleasant, and is admirable good to cool the Liver and cleanse the blood, it will be ready to drink in five or six days after it is bottled, and you may drink it safely.

228. *To make a Sweet-Meat of Apples.*

Make your Jelly with slices of *John Apples*, but first fill your Glasses with slices, cut round ways, and pour in the Jelly to fill up the vacuities, let the Jelly be boyled to a good stiffness, and when it is ready to take from the Fire, put in some juice of Lemon and Orange, if you like it, but let them not boyl, but let it stand upon the fire a while upon a pretty good heat, that the juice may incorporate well, a little Amber-greese added doth very well.

229. *To make Conserve of Sage.*

Take about a pound of Flowers of Sake fresh blown, and beat them in a Morter, afterward put them in a Glass and stop them close, and then set them by a warm fire, or in the Sun and be sure to stir them

once a day at the least and it will keep good a twelve month at the least.

230. *To make PASTE of Cherries.*

Boyl some fair Cherries in water till they come to pap, and then strain them through a sieve, then boyl some good Pippins unto pap, also put a quarter of a pound of the Apple-pap to a pound of the pap of Cherries, and mingle them together, then dry it and so make it up into paste.

231. *To make Marmalade of Oranges.*

After you have pared your Oranges very thin, let them be boyled in three or four waters even till they grow very tender, then take a quarter of a hundred of good *Kentish* Pippins, divide them, and take out the Cores, boyl them very well to pap or more, but let them not lose their colour, then pass your Apples through a strainer, and put a Pound of Sugar to every pint of juice, then boyl it till it will Candy, then take out the pulp of the Orange, and cut the peel into long slices very thin, put in your peel again, adding to it the juice of two or three Lemons, and boyl it up to a Candy.

232. *To make a PASTE of Apricots*

Let your Apricots be very ripe, and then boyl them, then put them into a skillet, and set them over the Fire without water, stir them very well with a skimmer, and let them be over the Fire till they be very dry, then take some sugar and boyl it into a Conserve, and mix an equal quantity of each together, and so make it into Paste.

233. *To Pickle Artichoke-Bottoms.*

Take the best bottom of Artichokes, and parboyl them, and when they are cold and well drained from the water and dried in a cloath, take away all the moist-

moisture, then put them into pots, and pour your  
brine upon them, which must be as strong as you can  
make it, which is done by putting so much Salt to it  
that it will receive no more, so that the Salt sinks whole  
to the bottom; cover over your Artichoaks with this  
of water, and pour upon it some sweet Butter melted  
of a thickness of two fingers, that no Air may come in,  
when the butter is cold, set up your Pot in a warm  
place, covered close from Vermin. Before you put  
the bottoms in a pot you should pull off all the leaves  
and choak, as they are served at Table: The best  
time to do this is in Autumn, when your plants pro-  
duce those which are Young and tender, for these you  
should Pickle before they come to open and Flower,  
but not before their Heads are round, when you  
would eat them you must lay them in water, shifting  
the water several times, then boyl them once again,  
and so serve them again.

234. *To pickle Cornelians.*

Gather the fairest and biggest Cornelians when they  
first begin to grow red, and after they have lain a  
while, put them up into a Pot or Barrel, filling them  
up with Brine, as for Artichoaks and put to them a  
little green Fennel, and a few Bay-leaves to make them  
smell well, then stop them up very close, and let them  
stand for a Month, if you find them too Salt, make  
the Pickle weaker before you serve them to Table.

235. *To make Jelly of Apples.*

Take either Pippins or *John Apples* and cut them  
into quarters, either pared or unpared, boyl them in  
a good quantity of water till it be very strong of  
the Apples, take out the clear Liquor, and put to it  
a sufficient quantity of Sugar to make a Jelly, with  
the slices of Apples, boyl all together, till the Apples  
be

be enough, and the Liquor like a Jelly ; or else you may boyl the slices in Apple-Liquor without sugar, and make Jelly of the other Liquor, and put the slices into it when they be Jelly and it is sufficiently boyled, put to it some juice of Lemon and Amber, and Musk if you will.

236. *To make Jelly of Gooseberries.*

Let your Gooseberries be full ripe, then strain them through a strainer, and to every 2 pound of juice put 3 quarterns of Sugar, boyl it before you mix it and then boyl it again together when they are mixed try them upon a plate; when it's enough it riseth off.

237. *To make Bragget.*

Put 2 Bushels and a half of Malt to 1 Hogshead of water, the first running makes half a Hogshead very good, but not very strong, the secondd is very weak : Boyl but half a quartern of Hops, put your water to the Malt the ordinary way ; boyl it very well, and work it with very good Beer yeast : Now, to make Bragget, take the first running of this Ale, but put less Honey in it then you do for your ordinary Mead, put twice or thrice as much Spice and Herbs, then put it in a Vessel, after its working with the Yeast, hang within it a Bag of bruised Spices, rather more than you boyled it with, and let it hang in the Barrel all the while you draw it

# Excellent Receipts

I N

## Phyick and Chirurgery.

1. *A true Receipt for making that Famous Cordial-Drink, known by the Name of Daffy's Elixir Salutis. As it was given by him to Sir Richard Ford, when Lord-Mayor of London.*

**T**AKE of Anniseds, Coriander-seeds, Sweet Fennel-seeds, Parsley-seeds, of each two Ounces; of Spanish Licorish two Ounces; Senna two Ounces; Rhubarb two Ounces; Elecampane two Ounces; Guaiacum two Ounce; Sixpenniworth of Saffron; and one pound of Raisins of the Sun stoned: Mix these all together, and put them into three quarts of the smallest Aqua-Vitæ, in a Stone or Glass Bottle; let it stand and infuse fourteen Days (at least, but the longer the better) near the Fire, that it may receive some warmth, for it will infuse the better and sooner: then pour off your Liquor into a Vessel, and take your Drugs and press them as dry as you can, and put the Liquor you squeeze out to the other; and so Bottle it up for Use.

2. An approved Medicine for the Stone and Gravel.

Take the hard Roe of a red Herring, and dry it upon a Tile, in an Oven, then beat it to powder, and take as much as will ly upon a six-pence every Morning,

fasting, in a Glass of Rhenish-wine.

2. An excellent Drink for the Scurvey.

Take a pound of Garden Scurvey-grass, six handiuls of Wormwood and Elder-tops, one ounce of Carraway-seeds, and an ounce of Nutmegs, put them altogether into 6 Gallons of new Ale, and let them work together, and after a convenient time of working, drink of it every Morning fasting.

3. A Receipt for the Gout, known to be very helpful.

Take five or 6 black Snails, and cut off their heads, then put to them one penny-worth of Saffron, and beat them together, spread it on a woolly side of a piece of Sheeps Leather, and apply it to the soles of the Feet, anointing the sore place with the Marrow of a Stone-horse.

4. For Gripping of the Guts.

Take Anniseeds, Fennel, Bayberries, Juniper berries, Tormential, Eilfort, Edulains, Pomegranate pills, each one ounce, Rose-leaves a handrul, boyl them in Milk, strain it, and add the Yolk

of an Egg, six grains of Laudanum dissolved in the Spirit of Mint, prepare it for a Glister, and give it warm.

5. A Sovereign Medicine for any Ach or Pain.

Take Barrows-grease, a Lapfull of Arch-Angel-leaves, flowers, Stalks and all, and put it into an Earthen-pot, and stop it close and paste it, then put it in a horse dung-hill nine days in the latter end of May, and nine Days in the beginning of June, then take it forth, and strain it, and use it.

6. For the Sciatica, and pains in the Joynts.

Take Balm and Cinquefoyl, but most of all Betony, Nep, and Featherfew, stamp them and drink the juyce with Ale and Wine.

7. For an Ague.

Take the Root of a blew Lilly, scrape it clean, and slice it, and lay it in soak all Night in Ale, and in the Morning stamp it and strain it, and give it the Patient Luke-warm to drink an hour before the fit cometh.

8. For all Fevers and Agues in sucking Children.

Take Pouder of Chrystal and steep it in Wine, and give it to the Nurse to drink, also take the Root of Devils-bit, with the Herb, and hang it about the Child's Neck.

9. A good Medicine to strengthen the Back.

Take Comfrey, Knot-grass, and flowers of Arch-angel, boyl them in a little Milk, and drink it off every Morning.

10. For the Head-ach.

Take Rose-Cakes, and stamp them very small in a Morter with a little Ale, and let them

be dryed by the Fire on a Tile sheard, and lay it to the Nape of the Neck to Bed-ward.

11. For the Yellow-Jaundice.

Take a great white Onion, and make a hole where the blade goeth out, to the bigness of a Chestnut, then fill the hole with treacle being beaten with half an ounce of English Honey, and a little Saffron, and set the Onion against the Fire, and roast it well that it do not Burn, and when it is Roasted, strain it through a cloth and give the juyce thereof to the sick three days together, and it shall help them.

12. For the black Jaundice.

Take Fennel, Sage, Parsley, Gromwell, of each much alike, and make Pottage thereof with a peice of good Pork, and eat no other Meat that Day.

13. For infection of the Plague.

Take a spoonful of Running water, a spoonful of Vinegar, a good quantity of treacle to the bigness of a Hasel-nut, temper all these together, and heat it luke-warm, and drink it every four and twenty Hours.

14. For the Cramp

Take Oyl of Camomile, and Fenugreek, and anoint the place where the Cramp is, and it helpeth.

15. For the Ach of the Joynts.

Take Marshmallows and sweet Milk, Linseed, Pouder of Cummin, and the whites of Eggs, Saffron, and white grease, and fry all these together, and lay it to the aking Joynt.

16. For an Ague.

Take a pottle of thin Ale, and put thereto a handful of Parsley, as much red Fennel, as much

Cen-



Century, as much Pimpernel, and let the Ale be half consumed away, and then take and drink thereof.

17. To make the Countess of Kent's Pouder.

Take of the Magistery of Pearls, of Crab's eyes prepared, Hartshorn Magistery of white Coral, or Lapis contra Yarrow, of each alike quantity, to these pouders infused, cut off the black tops of the great Claws of the Crabs, the full weight of the rest: Beat these all into a fine Pouder, and searce them through a fine Lawn Searce. To every ounce of this Pouder add a dram of Oriental Bezoar, make all these up in a lump or mass with Jelly of Hartshorn, and colour it with Saffron, putting thereto a scruple of Amber-grease, and a little Musk finely poudred, and dry it in the Air, after they are made up into small quantities, you may give to a Man twenty Grains, and to a Child twelve Grains. It is excellent against all malignant and pestilent Diseases, French Pox, Small Pox, Measles, Plague, Pestilence, Malignant, or Scarlet Fevers, and Melancholly, twenty or thirty Grains thereof being exhibited (in a little warm Sack, or Hartshorn Jelly) to a Man, and half as much, or twelve grains to a Child.

18. For the falling Sickness, or Convulsions.

Take the dung of a Peacock, make it into Pouder, and give so much of it to the Patient as will lye upon a Shilling; in a little Succory-water fasting.

19. For the Pleurisie.

Take the round Balls of Horse-dung, and boyl them in a pint of

White-wine till half be consumed, then strain it out, and sweeten it with a little Sugar, let the Patient drink of this, and then lye Warm.

20. To prevent Miscarrying.

Take Venice Turpentine, spread it on black brown Paper, the breadth and length of an hand, and lay it to the small of her back, and let her drink a Caudle made of Muscadine, putting into it the Husks of about twenty sweet Almonds dried, and finely poudred,

21. For the Worms in Children.

Take Wormseed boyled in Beer and Ale, and sweetned with Clarified Honey, and then let them drink it.

22. For the Whites.

Take white washed Turpentine, and make it up in Bals like Pills, then take Cinamon and Ginger, and roul the bals in it, and take them as you would do Pills, Morning and Evening.

23. For a dry Cough.

Take Anniseed, Ash-seeds, and Violets, and beat them to powder, and stamp them, of each alike quantity, then boyl them together in fair water, till it grows thick, then put it up, and let the Patient take of it morning and evening.

24. To make Unguentum Album.

Take a pint of Oyl-Olive, and half a pound of Diaculum, Anniseeds a pretty quantity, and put them together, and put thereto a pound of Ceruse, small ground, boyl them together a little, and stir them always till it be cold, and it is done,

25. To destroy the Piles.

Take Oyl of Roses, Frankincense and Honey, and make an Oint-

ment of them, and put it into the Fundament, and put Myrrh unto the same, and use often to anoint the Fundament therewith and let the Fume thereof go into the Fundament.

26. For the Canker.

Take a handful of unset Leeks, with the Roots, and a small quantity of Yarrow, and boyl them in White wine, till they be all very soft, then strain and clarify them, and let the Patient drink thereof, morning and Evening blood warm.

27. For the Itch.

Take the Juyce of Penny-royal the Juyce of Savin, the Juyce of Scabious, the Juyce of Sage, the Juyce of Pellitory, with some Barrows grease and black Soap, temper all these together, and make a Salve for the Itch.

28. For the King's Evil.

Take two ounces of the water of Broom flowers Distilled, and give it in the Morning to the Patient Fasting, and it will purge the Evil Humour downward, and wasteth, and healeth the Kernels without breaking them outwardly.

29. To break an Imposthume,

Take a Lilly-root and an Onion and boyl them in water, till they be soft, then stamp them, and Fry them with Swines grease, and lay it to the Imposthume as hot as the Patient may suffer it.

30. For biting of a mad Dog.

Stamp large Plantain, and lay it to the grieved place, and it will cure the Sore.

31. For the Green Sicknes.

Take the Keys of an Alben-tree dried and beaten to powder, and take of red Fennel, of red Sage, Marjoram, and Betony, and seeth

them in Running water, from a pottle to a quart, then strain them and drink thereof a good draught with Sugar, Morning and Evening Lukewarm.

32. For Deafnes.

Take wild Mint, mortifie it, and squeeze it in the Hand till it rendreth juice, then take it with its juice and put it into the Ear, change it often, this will help the Deafnes, if the Person hath heard before.

33. For the Dropsie.

Take a gallon of White-wine, and put into it a handful of Roman Wormwood, and a good piece of Horseradish, and a good quantity of Broom Ashes tyed in a Cloth, then take a good Bunch of Dwarf Elder, beat it in a Morter and strain out the Juyce, and put into the Wine when you will drink it, but if the Elder be dry, you must steep a good quantity in the Wine. Take of this half a pint Morning and Evening.

34. For a sprain in the Back, or any other Weaknes.

Take a quarter of a pint of good Muscadine, a spoonful of Madder, incorporate them well together, then give it the Patient to drink for three Mornings together, and if need requireth, you may use it often in a day, this will strengthen the Back exceedingly.

35. An excellent Remedy for Sure Eyes.

Take a Gallon of pure running water, and eight drams of white Copperas, and as much of fine white Salt, mix them together, and let it simmer half an hour over a slow fire, and then strain it for use.

26. Catho-

36. Catholicon. A most excellent Cordial.

Take half a peck of Ripe Elder-Berries, pick them clean and let them stand two or three days in an Earthen pan, till they begin to hoar or mould, then bruise and strain them, and boyl the Liquor till half be consumed, then putting a pound of Sugar to every pint of Liquor, boyl them to Syrup.

37. A Medicine for an Ague.

Take a quart of the best Ale, and boyl it to a pint, and let the Party lye down upon a bed, and then let the Patient lye down upon a bed, and be covered warm, when the first fit grudges, and let a basin be ready to vomit in.

38. Another for an Ague.

Take a large Nutmeg and slice it, and so much Roch-Alom beaten to Powder, and put them both into one pint of Whitewine, and incorporate them well together, and let the Patient take one half thereof about half an hour before the fit, and then walk a-pace, or use some other Laborious Exercise, and when the fit begins to come, take the other half, and continue Exercise. Both these I have known to cure to Admiration.

39. For a great Lax or Looleness.

Take one quart of New Milk, and have ready one half pint of distilled Plantain water, and let your Milk over the Fire, and when your Milk by boyling rise up, take two or three Spoonfuls, as occasion shall be, to allay the rising, and when it rises again, do the like, and so in the like manner till the Plantain water be all in, and then boyling up as before,

let the Patient drink thereof warmed hot, or how else he likes it; I never yet have found it fail of Curing,

40. For curing of deafness.

Take herb of Grace, and pound it, then strain it, and take two Spoonfuls of the Juice, and put thereto one Spoonful of Brandy-wine, and when it is well evaporated, dip therein a little black wool or fine Lint, being first bound with a silk thread, and put it into your Ear.

41. For the Scurvy.

Take half a peck of Sea-scurvy-grass, and as much Water-cresses, of Dwarf Elder, Roman Wormwood, Red-Sage, Fumitory, Harts-Horn, and Liver-wort, of each one handful, wash the Water-cresses, and dry them well, the other Herbs must be rubbd clean, and not washed, then add one Ounce of Horie-Raddish, and a good handful of MadderRoots, beat these with the Herbs, and strain the juice well out, for the last is best, then set it on a quick fire, and scum it clean; then let it stand till it be settled, and when it is quite cold, bottle it up, and keep it in a cold place, you must take four or five Spoonfuls with one Spoonful of Syrup of Lemons put into it, each morning fasting, and fast one hour after it.

42. To procure Conception.

Take of Syrup of Mother-wort, Syrup of Mugwort half an Ounce, of Spirit of Clary two drams: of the Root of English Snak-weed in fine powder one dram, Purslain-seed, Nettle-seed, Rocket-seed, all in subtile Powder of each two drams: Candied Nutmegs, Eriago-Roots, Satyrion-Roots Preserved.

erved, Dates, Pistachoes, Conserve of Succory, of each three drams, Cinamon, Saffron in fine powder of each a scruple, Conserve of Vervain, Pine-Apple Kernels pick- ed and pilled, of each two drams, stamp and work all these Ingre- dients in a Morter, to an Electu- ary, then put it into Gally-pots, and keep it for use : Take of this Electuary the quantity of a good Nutmeg in a little Glasse full of Whitewine, in the Morning fast- ing and at four a Clock After- noon, and as much at night going to Bed, but be sure do not use vi- olent exercises.

43. For a sore breast not broken.

Take Oyl of Roles, Bean-flower, the Yolk of an Egg, a little Vi- negar, temper all these together, then set it before the fire that it may be a little warm, then with a Feather strike it upon the Breast morning and Evening, or any time of the day she finds it pricking.

44. To heal a Sore breast when broken.

Boyl Lillies in new Milk, and lay it on to break it, and when it is broken, Tent it with a Mallow- stalk, and lay on it a plaister of Mallows boyled in Sheeps Tal- low : These are to be used if you cannot keep it from breaking.

45. For a Consumption.

Take a pound and half of Pork, Fat and Lean, and boyl it in wa- ter, and put in some Oatmeal, and boyl it till the heart of the Meal be out, then put to it two quarts of Milk, and boyl it a quarter of an hour, and give the patient a draught in the Morning, After- noon, and Evening, and now and then some Parley-water.

46. For the Falling-Sickness.

Take powder of Harts-horn, and drink it with Wine, and it helpeth the Falling Evil.

47. For the Tooth-Ach.

Take Featherfew and stamp it, and strain it, and drop a drop or two into the contrary Ear to the pain, and lye still half an hour after.

48. For a Wen.

Take black soap and mix with unslaked Lime, made into powder, and lay it on the Wen or Kernel.

49. For the Wind.

Take the juice of Red Fennel, and make a Posset of Ale there- with, and drink thereof.

50. For the Dropsie.

Take two Gallons of New Ale, then take Serwel, Calamus Aro- maticus, Galingale, of each two penny-worth, of Spikenard four penny-worth, stamp all together, and put them into a Bag, and hang it in the Vessel, and when it is four days old drink it Morn- ing and Evening.

51. For a Scald-Head.

Wash thy Head with Vinegar and camomile stamp and mingled together ; there is no better help for the Scald, or grind white Hel- lebore with Swines greasie and apply it to the Head.

52. To make Plague-water

Take a handful of Sage, and a handful of Rue, and boyl them in three pints of Malmsey or Muscadin till one pint be wasted, then take it off the Fire, and strain the Wine from the Herbs, then put into the Wine two penny- worth of long pepper, half an ounce of Ginger, and a quarter of an ounce of Nutmegs, all grossly bruised, and let it boyl a little again. Then take it off the Fire and

and dissolve it in half an Ounce of good Venice-Treacle, and a quarter of an ounce of Methridate, and put to it a quarter of a pint of strong Angelicawater, so keep it in a Glasse close stopp'd, for your use. This water cureth Small-pox, Measles, Surfeits, and Pestilential Feavers.

53. A precious Eye-water.

Take of the best White-wine half a pint, of whiterose-water as much of the water of Celendine, Fennel, Eye-bright, and Rue, of each two ounces, of prepared Tutia six ounces, of Cloves as much, sugar Rosate a dram, of Camphire and Aloes, each half a dram, wash the Eyes therewith.

54. A Cordial Julep.

Take water of Endive, Purslain, and Roses, of each two ounces, Sorrel-water half a pint, Juice of Pomegranats, and for lack thereof, Vinegar four ounces, Camphire three drams, sugar one pound, boyl all these together in the form of a Julep, and give three or 4 ounces thereof at a time.

55. To make green Oyntment.

Take a pound of Swines grease, one Ounce of Verdigrease, half a scruple of Sal Gemmae, this ointment may be kept 40 years, it is good against Cancers & Running Sores, it fretteth away dead flesh, and bringeth new, and healeth old Wounds, put it within the wound that it fester not.

56. For fits of the Mother.

Take a brown Toast of four Bread, of the nether Crust, and wash it with Vinegar, and put thereto black soap like as you would butter a Toast, and lay it under the Navil.

57. For Rickets in Children,

Take of fennel-seeds and dill-seeds, but most of the last, boyl them in Beer, and strain it, and sweeten it with sugar, and let the Child drink of en. Probatum.

58. For the Shingles.

Take the green leaves of Colts-foot stamped and mingle it with Honey, and apply it, and it will help.

59. To heal a Fistula or Ulcer.

Take figgs and stamp them, with shoe-makers wax, and spread it upon Leather, and lay it on the sore, and it will heal.

60. For a Woman in Travel.

Take seven or eight leaves of Bettony, a pretty quantity of Germander, a branch or two of Penny-royal, 3 Marygolds, a branch or two of Hyssop, boyl them all in a pint of white-wine, or Ale, then put into it sugar and Saffron, and boyl it in a quarter of an hour more, and give it to drink warm.

61. To make a Woman be soon delivered, the Child being dead or alive.

Take a good quantity of the best Amber, and beat it exceeding small to powder, then searce it through a fine piece of Lawn, and so drink it in some Broth or Caudle, and it will by Gods help cause the Patient to be presently delivered.

62. For Infants troubled with Wind and Phlegm.

Give them a little pure Sugar-Candy finely bruised in Saxifrage water, or Scabious water, in a spoon well mingled together.

63. A most excellent Medicine to breed their Teeth easily.

Take of pure Capons grease very well clarified the quantity

a nutmeg and twice as much of Pure-honey, mingle and incorporate them well together, and anoint the Child's Gums therewith 3 or 4 times a day when its Teething, and they will easily break the Fleish and prevent Torments and Agues, and other Griets which usually accompany their coming forth.

64. For Agues in Children.

Take a Spoonfull of good Oyl of Populeon, and put thereto two Spoonfulls of good Oyl of Roses, mingle them well together, and then warm it before the Fire, anoint the Childs Joynts and Back, also his Forehead and Temples twice a day, Chafing the Oyntment well in.

65. To cause a young Child to go to stool.

Chafe the Childs Navel with May Butter before the fire, then take some black Wool and dip it in the Butter and lay it to the Navel, and it will procure a Stool; this is also good for one in years, that can take no other medicine.

66. For Worms in Children.

Take of myrrh and Aloes very finely powdered, of each a penny-worth, and put thereto a few drops of Chymical Oyl of Wormwood or Savine, and a little Turpentine; make these up into a Plaister, and lay it to the Childs Navel.

67. To help one that is blasted.

Take the white of an Egg, and beat it in a mortar, put to it a quarter of an Ounce of Coperas, and grind them well together till it come to an Oyntment, and therewith anoint the sore Face, and it will ease the pain, and take away the swelling; and when it is well

nigh whole, anoint the place with a little Populeon, and that will make the skin fair and well again.

68. An excellent Salve.

Take half a pound of Bees-wax, a pint of Sallet-Oyl, three ounces of Red Lead, boyl all together in a new earthen Pipkin, keeping it stirring all the while till it grows of a darkish Colour, then keep it for use, or make Sear-cloaths of it while it is hot.

It is most approved against any pain, Sore, Scald, Cut, Burn; to strengthen the Back, or remove any old Ach whatsoever.

69. A Julep of Dr. Trench for the fits of the Mother.

In the time of the year distill black-Cherry-water, Piony-flower water, Cowslip-water, Rue, of Herb grace-water; then take of the waters of Cowslip, Black-Cherries, Piony, Rue, of each an ounce, and add to them water of Castor, half an ounce, of Cinnamon water one dram, Syrup of Clove-gilly-flowers three drams, mix all these together, and take two Spoonfulls at a time of it, as often as you please.

70. For a Tympany.

Take a handful of the blossoms of Marygolds, stamp them, and strain them, and give the juice thereof to the Patient in a draught of Ale fasting.

71. To provoke Terms, a good Medicine.

Take Wormwood and Rue, of each one handful, with five or six Pepper-corns, boyl them all together in a quart of white-wine or Malmsey, strain it, and drink thereof.

72. For the bloody-Flux.

Take a great Apple and cut out the Core,



Core, and put therein pure Virgins wax, then wet a paper and lap it therein, then take it up in the Embers, and let it roast till it be soft, then eat of it as your stomach will give leave.

73. For a Rheumatick Cough or Cold.

Take a pint of Hyssop-water, Syrup of Gilly-flowers, Syrup of vinegar, Sirup of Maiden-hair, Syrup of Colts-foot of each an Ounce, mingle them all together, and drink it when you please.

74. To kill a Fellon.

Take an Egg and roast it hard, and take out the Yolk thereof, then roast an Onion soft, and beat the Yolk and the Onion together, and lay it to the sore, and it will kill the Fellon.

75. For the white Flux.

Take the powder of the Flower of Pomegranates and drink it in red Wine.

76. For the red Flux.

Take Sperma Ceti, and drink it and truss up your self with a peice of black Cotton.

77. For the Cancer in womans breast

Take the Dung of a Goose, and the juice of Celandine, and bray them well in a Morter together, and lay it to the sore, and this will slay the Cancer, and heal it.

78. For an Ague in the Breast.

Take Grounzel, Dasse-leaves and roots, and course Wheat sifted, make a Poultice thereof with the parties own water, and lay it warm to the breast.

79. For bleeding at the Nose.

Take Bettony and stamp it with as much Salt as you can hold betwixt your two fingers, and put it into your Nose.

80. For spitting of blood,

Take Smallage, Rue, Mints, and Bettony, and boyl them Well in good Milk, and orink it warme.

81. To staunch the bleeding of a Wound, or at the Nose.

There is no better thing than the powder of Eole-Armoniack, to staunch the bleeding of a Wound, the powder being laid upon it, or for the Nose, to be blown in with a Quill. Or take the shavings of parchment, and lay it to the wound, and it stauncheth and healeth.

82. To make the Gascoigne Powder.

Take of Pearls, white Amber, Harts-horn, Eyes of Crabs, and white Coral, of each half an Ounce, of black thighs of Crabs calcined, two ounces; to every ounce of this powder put in a dram of Oriental Bezoar, reduce them all into a very fine powder, and searce them then with Harts-horn Jelly and a little Saffron put therein, make it up into paste, and make therewith Lozenges, or Torchises for your use. Get your Crabs for this powder about May or in September before they be boyled, dry your Lozenges in the Air, not by fire nor Sun.

83. For the Megrim, or Imposthume in the Head.

Take four penny-weight of the Root of Pellitory of Spain, a farthing weight of Spikenard, and boyl them in good Vinegar, and when it is cold, put thereto a spoonful of Honey, and a Saucer-ful of Mustard, and mingle them well together, and hold thereof in your mouth, a spoonful at once, and use this eight or nine times, spitting it out continually.

84. For Pain in the Ears.

Take

goeth

Take the juice of Wild Cucumbers, and put it into the Ears, and it asswageth the pain. Also put the wood of green Ash in the fire, and save the liquor that cometh out at the end, and put it into the Ears, it causeth the pain to cease, and amendeth the Hearing; Also beat the juice of Wormwood, and drop it into the Ears.

85. A precious Water for the Eye-sight, made by K.

Edward the sixth.

Take Smalledge, red Fennel, Rue, Vervain, Bettony, Agrimony, Pimpernel, Eufraze, Sage, Celendine of each a little quantity, first wash them clean, then stamp them, and put them in a Brazen pan, with the Powder of fourteen or fifteen Pepper-corns, fair searced into a pint of good White-wine, put them into the Herbs with three Spoonfuls of Honey, and five Spoonfuls of the water of a Man Child that is sound; mingle all together and boyl them over the fire, and when it is boyled, strain it through a Cloath; and put it into a Glasse, and stop it well and close till you use it, and when you need it, put a little thereof into the sore eyes with a feather, but if it be dry, temper it with White-wine, and it profiteth much all manner of sore eyes.: This water was used by K Edward the sixth.

86 My Lord Dennies Medicine for the Gout.

Take Burdock-leaves and stalks, cut them small a stamp them very small, then strain them, and cleanse them, and when you have so done, put them into Glasses, and put pure Oyl of Olives on the top of them, and stop it

close from the Air, and when you would use it for the Gout, pour it into a porringer, and warm it, and wet Linnen Cloaths in it, and apply it warm to the grieved place, warming your Cloaths one after another as they grow cold that are on.

87 Dr Steven's Sovereign Water.

Take a Gallon of good Gascoin Wine, then take Ginger, Galingale, Cancel, Nutmeg, Grains, Cloves, Anni-seed, Caraway-seeds, of each a dram; then take Sage, Mints, red Roses, Thyme, Peilytory, Rosemary, wild Thyme, Camomile, Lavender, of each a handiul, then bray both Spices and Herbs, and put them all into the Wine, and let them stand for twelve hours divers times stirring them, then distil in an Alimbeck: but keep that which you distil first by it self, for that is the best, but the other is good also, but not so good as the first. This water comforteth the Vital Spirits, and helpeth inward Difeases which come from cold; it helps Conception in Women that are barren, and killeth Worms in the body, it cureth the old Cough, and helpeth the Tooth-ach, it comforteth the Stomach, and cureth a stinking breath, it preserveth the body in good liking, and makes them look young.

88. The Water called Aqua Mirabilis and Pretiosa, made by Dr. Willoughby.

Take of Galingales, Cloves, Mace, Cucubes, Ginger, Cardamum, Nutmegs, Mellilot, Saffron, four ounces and beat all these into powder, Agrimony-water the quantity of a dram; and somewhat more; then take of  
the

the juice Celandine half a pint, and mingle all these together with a pint of good Aqua-Vitæ, and 3 pints of white-wine; put all these together in a fill of Glass, and let it stand all Night, then distill it with an easie fire. This water dissolveth the swelling of the Lungs without any Grievance, and helpeth and comforteth them being Wounded, and suffereth not the Blood to petrifie; he shall never need to let Blood that useth this Water, it suffers not the Heart to burn, nor Melancholly nor Rheum to have Dominion above Nature; it also exelleth Rheum, and purifieth the Stomach.

89. To make Allom-water.

Take a pound of Allom, and beat it to powder, then take a Gallon of clean water, and set it on the fire, letting it boyl till all the Allom be melted, then take it off the fire, and when it is cold, put it into a Glass, and keep it for use.

90. To make an excellent Electuary called the Electuary of Life.

Take Scorlegio, Morre, Gentiana, Grandorer, and Jalaom, of each a like quantity, stamp them and mingle them with Honey, that hath been well boyled on the Fire, and scummed clean, This is excellent for Sicknes in the Stomach, or pain in the Belly, Heart or Head, or for those that are bitten with any venomous Beast, or poysoned; it must be taken in water three or four Spoonfuls at a time in the Morning fasting; if the Disease be of any long time standing, he must drink it fifteen dayes, together, and he will be whole.

91. Against heat of the Liver.

Take Fennel, Endive, Succory, Plantain, of each alike, distill them with red wine and still, and use it every Morning, nine Spoonfuls at a time, with a draught of wine and sugar, or else live Spoonfuls three times a day.

92. For Swelling of the Heart.

For Swelling, and weaknes of the heart in Fever and Sicknes, or if it come from other Cause, stamp Mints with Vinegar, and a little Wine, if the Patient have no Fever, then toast a bit of bread till it be almost burnt, and put it therein till it be well soaked, then put it in the Nose of the Patient, and rub his Lips, Tongue, Gums, Teeth and Temples, and let him chew and suck the moistnes thereof, and swallow it.

93. A water for the Eyes to make a man see in forty days, who hath been blind seven Years before, if he be under fifty Years of Age.

Take Snakehead, Fennel, Rue, Betony, Vervain, Agrimony, Cinquefoil, Pimpernel, Eye-bright, Celandine, Sage, of each a quartern, wash them clean, and stamp them, do them in a fair mashingpan, put thereto a quart of good white-wine and the powder of thirty Pepper-Corns, six Spoonfuls of live Honey, and ten Spoonfuls of the Urin of a Man-child that is wholesome, mingle them well together, and boyl them till half be wasted, then take it down and strain it, and afterwards Clarifie it, and put it into a Glass Vessel well stoppt, and put thereof with a Feather into the Eyes of the Blind, and let the Patient use this Medicine at Night when he

Goeth to Bed, and within Forty Days he shall see. It is good for all manner of sore Eyes. Wild-Tantie-water is good for the Eye-sight, and eating of Fennel-seed is good for the same.

94. For a Web in the Eye.

The Leaves of white-Honey-Suckles, and Ground-Ivy, of each a like quantity ground together, and put every day into the Eye, cureth the Web. Or else Salt burnt in a Flaxencloth, and tempered with Honey, and with a Feather anointed on the Eye-lids, killeth Worms that annoy the Eye-lids.

95. For the moist Scabs after the Small-Pox.

Take Lapis Calaminaris, Lecharge of Gold and Silver, of each two drams, Brimstone and Ceruse two ounces, bring all these into a fine powder, and then beat them in a Mortar with so much Earrows-grease as is sufficient to make it up in an Oyntment, and anoint the places therewith Evening and Morning.

96. To bring down the Flowers.

Take of Alligant, Muskadine, or Claret a pint, burn it, and sweeten it well with Sugar, put thereto two spoonfuls of Sallet-Oyl; then take a good Bead of Amber in powder in a spoon, with some of the Wine after it, Take this Evening and morning.

97. To stay the Flowers.

Take Amber, Coral, Pearls, Jeat, or each alike, grind them to a fine powder, and searse them. take as much as will lye upon a six pence with conserve of Quinces, and drink a draught of new milk after it: Use this evening morning.

98. To cure Corns.

Take beans, and chew them in your mouth, and tye it fast to your Corn, and it will help: Do this at Night.

99. To make Oyl of Roses.

Take red Rose-leaves a good quantity, and stamp in a mortar, and put thereto Oyl-Olive, and let it stand in the Sun twelve days, and then put it in a Glass, and bind the Glass fast about with Ropes of Hay, and set it in a pannfull of water, and let it boyl softly two hours, and then let it cool, then put it in small Glasses, and put thereto the leaves of red Roses all whole, and stop it fast, and set it in the Sun for sixteen days, and so use it at your need.

100. For any Itch, or breaking out.

Take Frankincense, and beat it small in a Mortar, and mingle it with Oyl of Bayse, and therewith anoint all over, and it will destroy the Itch.

101. For the Piles after Child-Birth.

Make a Bath of Worm-wood, Southern-wood, Cinamon Kinde; and the bark of Cassia Iistula boyled well in Wine; when the woman delivered goeth forth of the Bath, put Bombace, or Cotton with powder of Aloes mixed with Oyl of Penny-royal, unto her lower parts.

102. For a Stitch in the side.

Take three handfulls of Mal-lows, boyl them in a little raw Milk, and put thereto a handfull of wheat-bran, and let them boyl together, and then wring out the Milk, and lay it hot to the Stitch, apply it often: Or take a few leaves of Rue and Yarrow, stamp them together, and wring out the Juice and drink it with a little

little Ale.

103. For a Tertian, or double Tertian Ague.

Take a good quantity of Celandine, a spoonfull of salt, and the bigness of an Egg in Leven, and as much Alligant and Spanish Soap, stamp them well in a Mortar, and make a Plaister of them, and apply them to the Patients feet one hour before the coming of the fit. add thereto four or five yolks of Egg. Or take of Anniseed-water the best as you can get, half a pound of Oyl of Vitriol, shake them well together, and drink one or two spoonfulls thereof an hour before the fit comes.

104. For the Spleen.

Boyl the Rindes and Keys of an Ash-Tree very tender in White wine, and drink a good draught thereof for six or seven Mornings together, and it will Much ease the Patient, when you drink this, anoint the Spleen, with unguentum Dialthea every Morning, and Evening applying also a Luster of Mellist to the place.

105. An excellent powder for the Green-sickness.

Take four scruples of gentian made into fine powder, or rasp Ivory, and Harts horn, of each two scruples, make these into fine powder, give a spoonfull hereof with white-wine or the like at once.

106. A drink that healeth all Wounds without any Plaisters or Oyntment, or without any Taint most perfectly.

Take sanicle, Milfoil, and Engle, of each a like quantity, stamp them in a Mortar, and temper them with Wine, and give the sick that is wounded to drink

twice or thrice a day till he be whole; Bagie holdeth open the wound, Milfoil cleanseth the wound, sanicle healeth it, but sanicle may not be given to him that is hurt in the head, or in the Brain-pan, for it is dangerous. This is a good and tried Medicine.

107. For Pricking of a Thorn.

Take of Violet-leaves one handfull, stamp them together, and take a quantity of Boars grease, and of Wheat-bran one handfull, set it on the fire in clean water, and make a Plaister thereof, and lay it to the Grief.

108. To make Oyl of St. John's Wort, good for any Ach or Pain.

Take a quart of Sallet-Oyl, and put thereto a quart of Flowers of St. John's wort well picked, let them lye therein all the summer, till the seeds of the herb be ripe, the Glas must be kept warm, either in the sun, or the water all the summer, till the seeds be ripe, then put in a quarter of St. John's-wort-seeds whole, and so let it stand twelve hours, the glas being kept open, then you must boyl the Oyl 8 hours, the water in the Pot full as high as the Oyl in the Glas; when it is cold strain it that the seed remain not in it, and so keep it for your use.

109. For the Tisick.

Take two ounces of Licorice scraped and bruised, of figs three ounces, of Aggimony, Horehound, Enula Camana, of each a handfull, boyl them all together in a Gallon of water, till half be wasted, then strain the herbs from the juice, and use it early and late. Also for the dry Tisick, stamp Fennel-Roots, and drink the juice thereof with white-wine.

110. To make Oyl of Fennel.

Put a quantity of Fennel between two Tile-stones, or Plates of Iron, make them very hot, and press out the Liquor; and this Oyl will keep a great while, for it is good for the Tiltick, dry Scab, Burning and Scalding.

111. To make the Black Plaster for all manner of Griefs.

Take a quantity of Oyl-Olive, a quantity of Red-Lead, boyl these together, and stir them with a slice of wood continually till it be Black, and somewhat thick; then take it off the Fire, and put in it a penny-worth of red Wax, and a pound of Rosin, and set it to the Fire again, but do not blaze it, and stir it, then take it off, and let it stand till it be Cold, and make it in a Lump. It is good for a new Wound, or to stanch Blood, pour a little of it in a Dish, and if it stick fast to the Dishes side, then it is enough, keep it for your use as need Requireth,

### *Directions for Nurses.*

**L**et there be given unto the Infant new born Honey to lick, after let it be nourished with the Mothers Milk, which of all things best agreeth with it. But if by reason of some necessity it cannot enjoy it, a sound healthy Nurse is to be chosen, neither younger than four and twenty years, nor elder than five and thirty, of a white and ruddy Complexion, which is not infected With other Vices, nor yet hath too lately been brought so Red, not hath not long given

Suck; let her not have sore Dugs or Breasts, nor too big, but a large Breast, and moderately Fat. Let her use choise Meats, of easie and light concoction, engendring good blood or juice; let her abstain from hot aromaticall Spices, as Pepper, Ginger, Cardamome, and such like; also from Leeks, Onions, Garlick, Salt, austere and tart things; Let her avoid strong Wines, as also cold water: Let her eschew immoderate eating and drinking, for that corrupteth the Milk, and begetteth in children leproy, or scurfe, and other contagious diseases: Let her abstain from cares and vexations, and let her take heed, least she provoke her menstruous disease.

She must not sleep much, or be given to sleep, for that maketh the Milk stegmatick; she likewise ought not to watch more than is meet, for from hence the Milk cometh to be more hot, sharp, and distastfull to the Infant; she ought moderately to exercise her self, especially her armes, to wit, either in sowing, spinning, or knitting, for by this meanes evil humours are consumed, as by ease and sloth they are augmented.

Also copulation of the Nurse exceedingly offendeth, and hurteth the Child, as that which chiefly retracteth and deminisheth the Milk, and maketh it of an unfavoury taste, tasting hot, and rank, or goatish, which bringeth no small inconvenience, and hurt to the Child.

But if the Milk decrease, Pulvettes of Bean meal, Rice, are meet to be used, also like paps made of Bread, with Milk, and Sugar, to which may be added a little Fennel seed. And



And if the Milk be thick, it must be made thin, with slender dyer, and subtrill Wine, and Syrup of Vinegar, as also with exercises: But if it be too thin, and waterish, gross, and strong meats, and longer sleeps will be convenient and meet. For the corruption of the Milk, a little Mugwort grossly bruised, and put into a linnen cloth, and so into broth, with a little Honey added thereto, will do very much good.

*The care of the Infant.*

And if the Chiles belly be loose, the food ought to be more gross and strong, and her sleep longer: But children may suck so long, as till they have brought forth sharp and great teeth: But if you suffer them to drink Wine, or strong drink, or other Potions, before they have toothed them, they will be corrupted; but when they have gotten the teeth, their arms, and back bones are gently to be rubbed after their sleep.

And it is not of little concernment, in what swaddling clothes children are wrapped; for when they are not tied up at all, or the clouts are too loose, they are subject to Fluxes, Imposthumes, apt to be crooked backt, and other discommodities; but especially when their knees are too strictly tied and bound up, and the ir thighs left at liberty, they are lamed.

When they cry, or feel pain, or will sleep they are to be pacified, either by shewing the breast, or by singing, or by rocking, either in Cradles, or hanging Beds, carrying up and down. But we must observe, that chil-

dren may lye strait whensoever they lye down, and ought not to be covered too much, or hot with coverings, not yet with too few, least they may catch cold. Moreover, let the linnen cloth, wherein they are wrapped, be neat and clean, for children are offended, and infected by foul and filthy excrements.

From three years of age till the seventh, they are to be educated gently and kindly, not to be severely reprehended, chidden, or beaten, for by that meanes they be made throughout their whole life after too timorous, or too much terrified, astonished, and fotted.

Being yet in their first years, they are not to be compelled to going, for seeing all their bones are lost as Wax, and their body fall the heavier, they either become lame, or universally resolved in their feet.

Food must be daily given them thrice a day, till they are three years old; for if they be much filled, they are subject and accustomed to be troubled with Convulsions, and other diseases.

In the sixth or seventh year of their age, they are to be sent to school, and committed to the breeding and instruction of courteous and temperate Schoolmasters, who may not terrifie them.

Before these years they are not to be compelled or forced to harder labours; otherwise they will not thrive well, but stand at a stay, and keep little, or become Dwarfes.

When as the Infant beginneth to grow sick, as for example, from a cold disease, the Nurie is to be nourished with hot and

dry meat and drink, so that thereby forthwith it may grow well again; so also if it be taken with other Diseases, as with an Ague, the Nurse shall use Plantain-water, and such like things. Paps made for Children of crums or morsels of Bread broken or sliced, are more wholesome than made of Meal or Flower.

Till two Years Old give them Honey often, for that keepeth them from Convulsions, and Costiveness of the Belly, and that the Milk they eat hurt them not.

When Infants cast up their Milk, a Corral should be hung about their neck down to their middle; for it is useful for them in Teething, and Ivory also is good for the same Purpose.

*What is to be administered unto the Child, after it is born, for the first thing it taketh.*

**A**Rnoldus de villa Nova, a most Learned Physitian, writeth, that if you give unto a Child half a scruple of Coral, finely powdered with Womans Milk first, before it taketh any other thing, after it is born that it shall never be troubled with the Falling-Sickness.

Also, I know Persons of good Quality in England, who give unto all their own Children (and advise all other Women, where they are desired to be assistant at the birth, to exhibit unto the Children new born, the first thing they take) a little Salt well mingled in a spoonful of

Saxifrage, or Hyssop-water, to prevent the Trouble of Frets, and other Diseases in Children following their Birth,

For Infants troubled with Wind and Phlegm.

Many Mid-wives advise the Nurses, to give them a little pure Sugar-Candy, finely bruised in Saxifrage-water, or Scabious water in a Spoon, well mingled together.

A most excellent Medicine to cause Children to Teeth easily.

Take of pure Capon's grease, very well Clarified, the quantity of a Nutmeg, and twice as much of pure Honey, mingle and incorporate them well together, and three or four times in a Day anoint the Child's Gums when they are Teething, and they will break Flesh easily, and prevent Torments, and Agues, and other Griets, which usually accompany their coming forth.

To cause a young Child to go to Stool.

Take a good big green Mallow Strig, and strip off the outward Skin, and anoint the Strig well with fresh Butter, and put it up into the Child's Fundament, and let it stay awhile there, and in a very short time it will procure a Stool.

For an Ague.

Take the Herb called Hartshorn, stamp it, then mingle it with Bay-Salt, and three or four Hours before the Fit comes, apply it spread upon a Linnen-Cloth to the Child's Wrists, and when the Fit is past, apply a fresh one before the next Fit, and in a few Fits, God willing, it shall be cured.

*Beautifying*

*Beautifying Waters, Oyls, Oyntments, and Pouders,  
to Adorn, and add Loveliness, to the Face  
and Body.*

1. To make the Hair very Fair.

**W**ash your Hair very clean and then take some Allom-water warm, and with a sponge moisten your Hair therewith, and it will make it Fair.

2. Another.

Take the last water that is drawn from Honey, and wash your head therewith, and it will make the Hair of an excellent fair Colour but because it is of a strong smell, you must perfume it with some sweet spirit.

3. To make the Hair grow thick.

Make a strong Lye, then take a good quantity of Hyssop-Roots, and burn them to Ashes, and mingle the Ashes and the Lye together, and therewith wash your head, and it will make the Hair grow; also the Ashes of Froggs burnt do encrease Hair, as also the Ashes of goats-dung mingled with Oyl.

4. To make the Hair grow.

Take Marsh-Mallows, and boyl them, Roots and all and wash the head therewith, and it will grow in a short time; also take a good quantity of Bees, and dry them in a sieve by the fire, and make powder of them, and temper it with

Oyl-Olive, and anoint the place where the Hair should grow; also take the Oyl of Tartar, and warm it, and anoint any bald head therewith, and it will restore the Hair in a short time.

5. To make the Hair fair.

Take the Ashes of a Vine burnt, of the knots of Barley-straw, and Licorice and Sow-bread, and distil them together in fair water, and wash the Head with it; also sprinkle the Hair while it is Combing with the Powder of Cloves, Roles, Nutmegs, Cardamum, and Galingale, with Rose-water; also the Head being washed with the Decoction of Beech-Nut-Trees, the Hair will become fair.

6. To make the Hair grow.

Take Hassle-Nuts with husks and all, and burn them to powder, then take Beech-mast, and the leaves of Enula Campana, and stamp the Herb and them all together, then seethe them together with honey, and anoint the place therewith, and strew the Powder thereon, and this will make the Hair grow.

7. To take away Hair,

Take the juice of Fumitory, mix it with Gum-Arabick, then lay it on the place, the Hairs first plucked.

plucked out by the Roots, and it will never permit any more hair to grow on the place. Also anoint your Head with the juice of a Glo-worm stamped, and it hath the same Virtue.

8. For the falling of Hair.

Take the Albes of Pidgeons-dung in Lye, and wash the Head therewith, also Walnut-leaves, beaten with Bears-suet, restoreth the Hair that is plucked away.

9. To make the Face Fair.

Take the flower of Beans and distil them, wash the Face with the Water.

10. For cleansing the Skin.

If the Face be washed with the water that Rice is sodden in, it cleanseth the Face, and taketh away Pimples.

11. A water to adorn the Face.

Take Eggs cut in pieces, Orange-peels, the Roots of Melons, each as much as is sufficient, in a large Vessel with a long Neck, distil by an Alimbeck, with a strong and careful Fire.

12. To Beautify the Face.

Take of Cuckow-pintle a pretty Quantity, bruise the thick parts with Rose-water, dry them by the Sun three or four dayes, then pouring more Rose-water on it, use it.

13. To make the Face look Youthful.

Take two Ounces of Aqua-vitæ, Bean-flower-water, and Rose-water, each four Ounces, Water of Water-Lilies six ounces, mix them all, and add to them one Dram of the white Tragacanth, set it in the Sun 6 Dayes, then strain it through a fine Linnen Cloth: Wash your Face with it in the Morning, and do not wipe it off.

14. A Water to take away Wrinkles in the Face.

Take of the Decoction of Bryony and Figs, each a like quantity, and wash the Face with it.

15. An excellent Water called Lac Virginis, or Virgins Milk, to make the Face, Neck, or any part of the Body Fair and White.

Take of Alumen Plumosi half an Ounce, and also add thereto of Camphire one Ounce, of Roch Allom one Ounce and a Dram, Sal Gemmi half an Ounce, of white Frankincense two ounces, Oyl of Tartar one ounce and a half, make all these into most fine Powder, and mix it with one quart of Rose-water, set it in the Sun, and let it stand nine days, often stirring it, then take Letharge of Silver half a pound, beat it fine and Searle it, then boyl it with one pint of White-wine Vinegar till one third be Consumed, ever stirring it with a Strick while it boyleth, then distil it by a Philter, or let it run through a Jelly-bag, then keep it in a Glasse-Vial, and when you will use those Waters take a drop of the one, and a drop of the other in your Hand, and it will be like Milk, which is called Lac Virginis; wash your Face, or any part of your Body therewith, it is most precious for the same.

16. To take away Sun-burn:

Take the juice of a Lemmon, and a little Bay-Salt, and wash your Face or Hands with it, and let them dry of themselves, and wash them again, and you shall find all the Sun-burn gone.

17. To make the Face Fair.

Boyl the flowers of Rosemary

mary in White-wine with which wash your Face.

18. To clear the Skin, and make it white.

Take fresh Eoars-grease, and the white of an Egg, and stamp them together with a little Powder of Bayes, and therewith anoint the Skin, and it will clear the Visage and make it White.

19. To take away Freckles in the Face.

Anoint your Face with Oyl of Almonds, and drink Plantain-water, or anoint your Visage well and oiten with Hares Blood.

20. To Smooth the Skin.

Mix Capon's-grease with a Quantity of Sugar, and let it stand for a few Dayes close covered, and it will turn to a clear Oyl, with which anoynt your Face.

21. To blanch the Face.

Take the Pulp of Lemons, and take out the Kernels, and put to them a quantity of fine Sugar, Distill these, and keep the Water to wash your Face every Night.

25. To take away the holes or Pits in the Face by reason of the Small-Pox.

For helping of this Accident I have tryed many things, and the best meanes I have found, is to wash the Face one day with the distilled water of strong Vinegar, and the next day with the water wherein Bran and Mallows have been boyled, and continue this twenty days or a Month together.

26. For the Redness of the Hands or the Face after the small-Pox.

Take Barley, Beans, Lupines, of each one handful, bruise them

all in a Mortar grossly, and boyl them in three pints of water till it grow thick like a Jelly, then strain it, and anoint the Face and hands three or four times a day for three or four days together, and then wet the Face and hands as often with this water following.

27. Another.

Take Vine-leaves two handfuls, Bean-flower, dragon, Wild Tansie, of either one handful, Camphire three drams, two Calves Feet, the pulp of three Lemons, a pint of raw Cream; shred the Herbs small, as also the Lemons, and break, and cut the Calves Feet small; then mix them together, and distill it in a Glass still, and use it. Also the water of May-dew is excellent good for any high Colour, or redness in the Face.

28. For Pimples in the Face.

Wash your Face with warm water when you go to bed, and let it dry; then take the white of an Egg and put it into a Saucer, and set it upon a Chafing-dish of Coals, and put it into a piece of Allom; beat it together with a spoon till it become thick, then make a round Ball, and therewith anoint the Face where the Pimples are.

29. For Morpew, or Scurf of the Face or Skin.

Take of Erimstone beaten into pouder two Ounces, mix it with as much black Soap that stinketh and tye the same in a linnen cloth, and let it hang in a pint of strong Wine-vinegar, or Red-rose-Vinegar, for the space of 8 or 9 days, and wash the Scurf, dipping the Cloth in the Vinegar, rubbing it therewith, and let it dry of it self.

30. For

*30. For Heat and swelling in the Face.*

Boyl the leaves or blossoms of Rosemary, either in White-wine, or fair water, and use to wash thy hands and face therewith, and it will preserve thee from all such inconveniences, and also make both thy face and hands very smooth.

*31. For a red Face.*

Take Brimstone that is whole, and Cinamon, of either of them an even proportion by weight, beat them into small powder, and searse it through a fine cloath upon a sheet of white paper to the quantity of an ounce or more, and so by even proportions in weight, mingle them together in clean clarified Capons grease, and temper them well together till they be well mollified, and put to it a little Camphire to the quantity of a Bean, and so put the whole Confection in a Glasse and use it.

*32. To take away Pimples.*

Take Wheat-flower mingled with Honey, and Vinegar and lay it upon them.

*33. An Excellent Oyntment for an inflamed Face.*

Take an Ounce of Oyl of Bayes, and an Ounce of Quick-Silver, and put them in a bladder together with a spoonful of fasting spittle, and then rub them well together, that none of the Quick silver be seen, take of this Oyntment when it is made, and anoint the face therewith, and it will heal it well and fair. *Proved true.*

*34. For a rich Face.*

Take 3 yolks of Eggs raw, as much in quantity of fresh butter, or Capons grease without salt, Camphire two penny-worth, Red Rose-water half a pint, two Grains of Civet, and boyl all these together in a Dish, then strain them through a clean  
Cloath,



Cloath, and set it to cool, and take the uppermost, and use it.

34. *To make the Skin white and clew.*

Boyl two ounces of *French Barley* in three pints of *Conduit water*, change the water and put in the barley again; and do this till your barley do not discolour the Water, then boyl the last three pints to a quart, then mix half a pint of *White-wine* therein, and when it is cold, wring the juice of two or 3 good *Lemons* therein, and use it for the *Morphew*, heat of the face, and to clear the skin.

35 *An Excellent Pomatum to clear the Skin.*

Wash *Barrowsgrease* or *Lard* often times in *May-dew* that hath been clarified in the *Sun* till it be exceeding white; then take *Marsh-Mallow-Roots*, scraping of the out-sides, make thin slices of them, and mix them, set them to macerate in a *Balneo*, and scum it well till it be clarified, and will come to rope, then strain it, and put now and then a spoonful of *May-dew* therein, beating it till it be through cold in often change of *May-dew*, then throw away that dew, and put it in a *Glass*, covering it with *May-dew*, and so keep it for your use.

36. *To take away Spots and Freckles from the Face and Hands.*

The Sap that issueth out of a *Birch-Tree* in great abundance, being opened in *March* or *April* and a glass *Receiver* set under it to receive it: This cleanseth the Skin excellently, and maketh it very clear, being washed therewith. This Sap will dissolve *Pearl*, a Secret not known to many.

37. *To take away Freckles and Morphew.*

Wash your Face in the wain of the Moon with a *Sponge*; Morning and Evening with distilled wa-

ter of Elder-leaves, letting it dry in the skin; you must Distil your Water in *May*. This I had from a Traveller, who hath cured himself thereby.

38. *To make the Teeth white and Sound.*

Take a quart of Honey, and as much Vinegar, and half so much White-wine, boyl them together, and wash your Teeth therewith now and then.

39. *A Dentifrice to whiten the Teeth.*

Take of Harts-horn and horses Teeth, of each 2 ounces, Sea shells, common Salt, Cypress-Nuts, each 1 ounce, burn them together in an Oven, and make a powder, and work it up with the Mucilage of Gum Tragacanth, and rub the Teeth therewith.

40. *To make the Teeth as white as Ivory.*

Take Rosemary, Sage, and a little Allom and Honey, and boyl them together in fair Running-water, and when it is well boyled strain out the fair water, and keep it in a Glass, and use it sometimes to wash your Mouth and Teeth therewith, and it will make them clean: Also wash your Teeth with the Decoction of Lady Thistle-Root, and it will cleanse and fasten the Teeth and the sore Gums make whole: also the Root of Hore-hound drunk or chewed Fast-ing, doth quickly heal the Gums, and maketh the Teeth clean; Strawberry leaves also cleanseth the Teeth and gums, a sure and tryed Experiment.

41. *To make the Teeth white.*

Take one drop of the Oyl Vitriol, and wet the Teeth with it, and rub them afterward with a course Cloth; altho this medicine be strong, fear it not.

42. *For a stinking Breath.*

Take two handfuls of Cummin, and stamp it to powder, and boyl it in Wine, and drink the Syrup thereof Morning and Evening for fifteen day, and

it will help. *Proved.*

43. *To make Breath sweet.*

Wash your Mouth with the water that the shells of Citrons have been boyled in, and you will have a sweet breath.

44. *To sweeten the breath.*

Take Butter and the juice of Featherfew, and temper them with Honey, and take every day a spoonful. Also these things sweeten the Breath, the E-lectuary of Aromaticks, and the Peel of Citrons.

45. *To cleanse the Mouth.*

It is good to cleanse the Mouth every Morning by rubbing the Teeth with a Sage leaf, Citron peels or with powder made with Cloves and Nutmegs; forbear all Meats of ill digestion, and raw fruits.

46. *For Running in the Ears.*

Take the juice of Elder, and drop it into the Ear of the party grieved, and it cleanseth the matter and the Filth thereof, also the juice of Violets used, is very good for the Running of the ears.

47. *For Eyes that are blood-shot.*

Take the Roots of red Fennel, stamp them, and wring out the juice, then temper it with Clarified honey, and make an Oyntment thereof, and anoint the Eyes therewith, and it will take away the Redness.

48. *To make the Hands white.*

Take the Flower of Beans, of Lupines, of starch-Corn, Rice, Orice, of each six ounces, mix them and make a powder, with which wash your hands in water.

49. *A delicate washing-ball.*

Take three ounces of Orice, half an ounce of Cypress, two ounces of *Calamus Aromaticus*, 1 ounce

of Rose-leaves, two ounces of I'averder flowers ; beat all these together in a Mortar, searsing them through a fine searse, then scrape some Castle-soap, and dissolve it in rose-water, mix your pouders therewith, and beat them in a Mortar, then make them up in balls.

50. *For the Lips chept.*

Rub them with the Sweat behind your Ears, and this will make them smooth and well coloured.

51 *To prevent marks of the sma<sup>l</sup> Pox*

Boyl Cream to an Oyl, and with that anoint the whales with a Feather as soon as they begin to dry and keep the Scabs always moist therewith ; let y<sup>e</sup> Face be anointed almost every half hour.

52. *To take away Child-Blains in hands or feet.*

Boyl half a peck of Oats in a quart of water till its dry then anoint your Hands with Pumatum, and after they are well Chafed, hold them within the Oats as hot as you can endure them, covering the bowl wherein you do your hands with a double cloth to keep in the steam of the Oats, do this 3 or 4 times and it will do.

53 *To take away Posk-holes or spots in the Face.*

Wet a cloath in White-Rose-water, and set it all Night to freeze in the winter, then lay it upon your Face till it be dry, also take 2 or 3 poppies, the reddest you can get, and quarter them, taking out the Kernel, distil them in a quart of Red-Cows Milk, and with the water wash your Face.

54. *An excellent Beauty water used by the D. of C.*

Take of white Tartar 2 drams, Camphire one dram, Coperas half a dram, the whites of 3 or 4 Eggs, the juice of a couple of Lemmons ; Oyl of Tartar 4 ounces, and as much plantain-water, white Mercury

*Oyls and Poultices.*

Mercury a penny-worth, 2 ounces of bitter Almonds ; beat all these to powder, and mix them with the Oyl and some water, and then boyl it upon a gentle fire, strain it, and so keep it ; when you use it, you must first rub your Face with a Scarlet cloath, and at Night wash your Face with it, and in the Morning wash it off with Bran and White-wine.

*55. Against a stinking breath.*

Take a handful of wood-bine, and as much Plantaine, bruise them very well, then take a pint of Eyefelt, and as much water, with a little honey and Alton ; keep all these waters together in a Glasse and wash your Mouth well therewith, and hold it in your Mouth, and it will destroy all Cankers, and Cure a stinking breath, and preserve the Teeth from rottenness.

*56 To Procure an excellent Colour and Complection. to the Face used by the C. of S.*

Take the juice of Hyssop, and drink it in a morning Fasting, half a dozen spoonfuls in Ale warm, it will procure an excellent Colour, is good for the Eyesight, destroyeth worms, and is good for the stomack, Liver and Lungs.

*57. To keep the Teeth white, and kill wormes.*

Take a little Salt in a Morning fasting, and hold it under your Tongue till it be melted, and then rub your Teeth with it.

*58. To procure Peasie an Excellent Wash*

Take four ounces of Sublimate, and one ounce of Crude-Mercury, and beat them together exceeding well in a wooden Mortar, and wooden Pestle ; you must do it at least six or eight hours, then with often change of cold water, take away the salts from the sublimate, change your water twice every day

at least, and in 7 or eight days it will be dulcified, and then it is prepared ; lay it on with Oyl of white Poppy.

59. *A beauty-water for the Face, by madam G.*

Take Lye that is not too strong, and put 2 peels of Oranges, and as much Citron-peel, Blossoms of Camomile, Bay-leaves, and Maiden-hair, of each a hand ful, of Agrimony, 2 or 3 ounces; of barley-straw chopt in pieces a hand ful, as much Fenugreek, a pint of Vine-leaves, 2 or 3 handfals of Broom-blossoms ; put all these into the Lye, and mingle them together, and so wash the Head therewith, put to it a little Cinamon and Myrrh, let it stand, and wash your Face therewith every evening It is good to wash the Head, and to comfort the Brain and Memory.

60. *Against stink of the Nostrils.*

Take Cloves, Ginger, and Calamint, of each a like quantity, boyl them in White-wine, and therewith wash the Nose within ; then put the powder of Piritrum to provoke one to sneeze, If there be Phlegm in the head, you must first purge the Head with Pills of Colchie, or of *Hiera-picra*: Or if the stink of the Nose come from the Stomach, Purge first.

61. *To make the Hands white.*

To make the Hands white and soft, take Daffodil in clean water till it grow thin, and put thereto powder of *Cantarium*, and stir them together, then put thereto raw Eggs, and stir them well together, and with this ointment anoint your hands, and within three or four days using thereof, they will be white and clear.

62. *A sweet water for the Hands.*

Take of the Oyl of Cloves, Mace or Nutmegs 3 or 4 drops only, and mingle it with a pint of fair water,



water, stirring them a pretty while together in a glass having a narrow Mouth, till they are well mingled together, and wash your Hands therewith, and it will be very sweet water, and will cleanse and whiten the Hands very much.

63. *For Heat and Worms in the Hands.*

Bruise a little Chick-weed, and boyl it in running water, till half be wasted away, and wash your Hands in it as hot as you can suffer it, for the space of six days, and it will drive away the Heat or Worms in the Hands.

94. *To make the Nails grow.*

Take Wheat-flower and mingle it with Honey, and lay it to the Nails, and it will help them.

65. *For Nails that fall off.*

Take powder of Agrimony, and lay it on the place where the Nail was, and it will take away the Aking and make the Nails grow.

66. *For cloven Nails.*

Mingle Turpentine and wax together, and lay it on the Nail, as it groweth cut it, and it will heal.

67. *For Nails that are rent from the flesh.*

Take some Violets and stamp them, and fry them with Virgins wax and Frankincence, and make a plaster, lay it to the Nail, and it will be whole.

68. *Another.*

Anoint your fingers with the powder of brimstone, Arsnick, and Vinegar, and you shall find great ease.

69. *For Stench under the Ar.n-holes.*

First pluck away the Hairs of the Ar.n-holes, and wash them with White-wine and Rose-water, wherein you have first boyled Cassia Lignum, and use it three or four times.

70. *For the Yellow Jaundice.*

Take the juice of Wormwood, and Sorrel, or else make them in Syrup, and drink it at Morning.

71. *To take away Varts from the hands or face.*

Take Purslain, and rub it on the Warts, and it maketh them fall away; also the juice of the Roots of Rushes applyed healeth them.

72 *To smooth the Skin from Morpew, and freckles.*

Anoint the Face with the blood of a Hare or Bull, and this will take away Morpew, and Freckles, and smooth the Skin.

73. *For taking away Spots in the Face, after the Small-Pox.*

Mix the juice of Lemons with a little Bay-salt and touch the Spots therewith often-times in a day, for it is excellent good.

74. *A good Ointment for the same.*

Take Oyl of sweet Almonds, Oyl of white Lillies, of either one ounce; Capons grease, Goats Tallow of each four drams, Litharge of Gold one dram and half, Roots of Briony and of Ireos, of either a scruple, Sugar-Candy white one dram, make Poulder of all those that may be brought into poulder, and searfe them, then put them all in a Mortar together, beat them together, and in the working put thereto Roses, Bean-flower, and white Lilly-water, of each a good spooniul, put in by little and little, and so work them together till they become an Ointment; anoint your face, and hands with it every Evening, and in the Morning wash it away in water boyled with Barley, Wheaten bran and with the seed of Mallows.

75. *A Beauty-Water.*

Take of Bean-flowers six handfuls, Lemon-water one

one pint, Lilly-roots eight ounces, Bean-flower a pound, Gum Arabick and Tragacanth of each one ounce, distil all these together, and wash the Face therewith.

76. *Another, approved.*

Take of distilled Turpentine two pound, Frankincense three ounces, Mastick, Dragon's-blood, of each half an Ounce, powder them, and mix them with Turpentine-water, and distil them again, then take of fresh Hog's-grease melted, one pound, two Drams of Cloves, three Nutmegs, Gold one dram, Silver two drams, powder them finely, and distil them in an Alembick.

77. *To take away Freckles and Scars in the Face.*

Take of Aqua-vitæ four times Distilled three parts, the tops of Rosemary-flowers two parts, steep them together a day and a Night in a Vessel well stoppt, then distil them.

78. *To make the Face Fresh and Ruddy.*

Use the shavings of Brazeel-wood dissolved in Rose-water, with a little Camphire added thereto, and you will find it very effectual to make a good Colour and Complexion.

79. *To make the Face Youthful.*

Take two Calves-feet, Riverwater 9 quarts, boyl them till one half be wasted, then add one pound of Rice, the Crumb of a penny-Loaf soaked in Milk, fresh Butter, whites of Eggs with their shells, mix them all, and boyl them, and Distil all the water from them, to which add at last Camphire and Sugar, each a little, and it will be excellent.

90. *A Water to whiten the Skin, and take away Sun-Burn.*

Take of Rain-water, the juyce of unripe Grapes

*Waters*  
each a like quantity, boyl them together till one half be consumed, then whilst it boyls add so much juyce of Lemons as was boyled away before, when it is boyled then take it off, and add four whites of Eggs after it is cold, and keep it for use.

81. *To clear the Face.*

Take of Lilly-roots roasted under the Ashes, one pound, bruise them in a Mortar, to which add Sugar Candy three ounces, make an Oyntment to apply to the Face.

82. *To take away Ring-worms in the Face*

Take of Vinegar of Squills, two ounces, Aloes, the juice of sowre Dock, Oyl of Tarter, of each 3 Drams, make a Liniment.

83. *An Oyntment for Beautifying the Face.*

Take of Citron Oyntment fresh made 3 ounces, sweet Almonds very well bruised, flower of Beans of each one dram, the Bone of the Fish Sepia, Harts-horn, Barley-flower, each two drams, incorporate them all with Honey.

84. *Another excellent Beautifier.*

Take of Pomatum two ounces, Citron Oyntment four ounces, mix and anoint the Face therewith Night and Morning, and afterwards vvasht your Face with Bean-flower-water.

85. *An Oyntment to illustrate the Face.*

Take the Oyl of the Marrow of a Hart two ounces, Oyl of Gourd-seed one ounce, Goats-fat washt Turpentine, each half an Ounce, new Wax three Drams, melt them by the Fire, then add Mastick, Borax burnt, each two drams, mix them and make an Unguent, with which anoint the Face at night, and in the Morning wash it off with bran-water.

86. *To Curl the Hair.*

Take

Oyls and Ointments.  
Take a quantity of Pine-Kernels burnt and beat to powder, mix them with Oyl of Myrtles, make an Oyntment therewith, and anoint the Head,

87. *To make the Hair black.*

Take the juice of red Poppy, the juice of Green Nuts, Oyl of Myrtles, Oyl of Costomary, each one part, boyl it awhile, and anoint the Hair therewith.

88. *An excellent Beautifier for the Face, used by the Venetian Ladies.*

Take of burnt Tartar half a pound, powder it and dry it as they do Salt, then take that Salt, and put it within the whites of Eggs boyled.

89. *To cure a Red face.*

Take four Ounces of Peach-Kernels, Goard-seed, two Ounces, bruise them, and make an Oyl to anoint the Face Morning and Evening.

90. *To increase the Hair.*

Take the Seeds of Marsh-Mallows a sufficient quantity, boyl them in common Oyl, with which anoint the Hair. Also the Oyl of Earth-worms doth increase the Hair.

91. *To make the Breasts small.*

Take of Roch-Allom powdered, and Oyl of Roses of each a like Quantity, mix them together, and anoint the Breasts therewith.

92. *To take away the Wrinkles of the Face.*

Take Oyl of Turkey miller, and the Decoction of the Berry of the same, and it will, mollifie, and consolidate Wrinkles. Also Oyl of Nuts is very good for the same.

93. *To cleanse the Body and make it comely.*

Take of Sage, Lavender-flowers, Rose-flowers each two handfuls, a little Salt, boyl them

W

Water or in Lye, and make a Bath not too hot, in which bathe the Body two Hours before meat.

94. *A Sweet-scented Bath for Ladies.*

Take of Roses, Citron-peels, Citron-flowers, Orange-flowers, Jasimine, Bayes, Rosemary, Lavender, Mint, Penny-royal, each a sufficient quantity boyl them together gently, and make a Bath, to which add Oyl of spike six drops, Musk, five Grains, Ambergrease three grains, sweet Asa one ounce, let her go in to the Bath two Hours before Meat.

95. *To make the Body Fat and Comely.*

Take of Milk and Spring-water each one pint, boyl them together till the water be consumed, then add Sugar of Penedies, fresh Butter each one ounce, Oyl of sweet Almonds newly drawn half an ounce, give them one boyling more, and so let it be taken betimes in a Morning fasting, and sleep upon it.

96. *To starch Tiffanies or Lawns.*

You must Soap your Tiffany on the Hems or Faces only with brown Soap then wash them very well in three Lathers pretty hot, and let your last Lather be made thin of the Soap, do not wring them, nor wring them hard, then dry them over Brimstone, and keep them all the time from the Air, for that will spoil them, then make your starch of a reasonable Thickness, and blue it as you please, and to a quarter of a pound of Starch, put as much Allom as a Hasel-nut, boyl it very well and strain it, and while it is Hot, wet your Tiffanies with it very well, and lay them on a Cloath to keep them from drying, then with your Hands clean and dry them, then hold your  
Tiffanies



*Oyle and Vinegar.*  
Tiffanies to a good Fire till they be thorow hot, then clap them and rub them between your hands, from the Fire till you see they be very clear, then shape them by a piece of Paper, cut out by thm before they are washed, and iron them with a good hot Iron, and then they will look Glossy like new Tiffany. And so you also starch Lawns, only remember to iron them upon a Cloth wetted and wrung out again, and turned on the wrong side, and instead of Starch, you may sometimes use Gum Arabick in water; and when it is dissolved, wet the Lawns in that instead of Starch, and hold them to the Fire as aforesaid, clapping and rubbing them till they are very clear.

*97. To make clean Gold and Silver Lace.*

You must pull off your Lace from your Garment, and being laid on a clean Table, take a little burnt Allom, beaten very fine and with a small brush rub it all over very Well till you find it comes to its Colour, then shake it, and wipe it very well over oftentimes with a clean Linnen-Cloth.

*98. To cleanse all sorts of Silver Plate.*

Wash your Plate in Sope-suds, and dry it very well, and if any spots remain, take Salt and Vinegar and rub them out, then daub your Plate all over with Chalk and Vinegar, and lay it before the Fire, or in the Sun to dry, then rub it off with warm linnen cloaths very well, and it will look like new.

*99. To wash Silk Stockans.*

Make a strong Lather with Sope, and prettily hot, then lay your stockings on a Table, and

a piece of such Cloth as the Seamen use for their Sails, double them up and rub them soundly with it, turn them first on the one side and then on the other, till they have passed through three Lathers, then rince them well, and hang them to dry with the wrong side outwards, and when they are near dry pluck them out with your Hands and smooth them with an Iron on the wrong side.

*100. To make clean Points and Laces.*

Take new white-bread and pare off the Crust, then lay your Point upon a clean Cloth on the Table, and rub the white-bread all over upon them, and afterwards rub it over again with a small clean brush and the Crums of Bread, till you have rubb'd it very clean, then cleanse it from the Bread, and gently slap it over with a clean linnen Cloth; in the same manner you may take off the Soil from Tabbey, Taffety, or white Sattin, or any other Coloured, if it be not too much Soil'd and Greasy.

*101. To get Ink-Spots out of Linnen.*

As soon as any such accident happens, lay it immediately in Urin, and there let it lye all Night and the next day wash it out again, and in so doing two or three times, you will find the Spots and Stains quite gone.

*102. To take Spots of Grease out of Silk, Stuff or Cloth.*

Wet a linnen rag in fair water, and then put a live Wooden or Sea coal upon it, and close it up about the Coal, and presently lay it upon the greasie Spot whilst it is smoaking hot, and when you perceive it to cool, do so again till the Spots are taken out.

103. *To take away the Stains of Linnen-Cloth, caused by any sort of Fruit.*

Take any of your Garments so stained before they are washed, and rub every spot thereof very well with a little Butter, then let it lye a little while in the Scalding hot Milk, and when it is cooled, rub the spotted places in the Milk till they are quite out, and then wash it out with water and Soap.

104. *To wash white Sarfenet.*

First take your Sarfenet and spread it very smooth and strait upon a Board, and spread Sope upon those places that soyled, and afterwards take a hard Brush that is small, and dip it in Water, and make an indifferent thick Lather, and with the brush rub your Sarfenet well with it the right way of the Silk, and when one side is well washed, wash the other also, then make a clean Lather scalding hot, and put in your Hoods double into it, and cover it up, and so fast as you wash them into it, give them three good washes upon the board, and after the first Lather, let the rest be very hot, and cast them in a Scald every time, then make up a scalding hot water, and after you have steeped some water of Gum-Arabick, put it therein, adding thereunto some smalt to blue it a little, let the Hoods be doubled up therein, and close covered for an hour, and when you take them out, dip them very well all over, and fold them up in a very small compass, and smooth them very well betwixt your hands till they be more than dry, after you have smoothed them over Brimstone, then smooth them with Hot Irons the way you washed them, and upon the right side of the Sarfenet.

*106. To wash black Sarfenets.*

Wash them the same with the other, only rince them in small Beer, without any Gum, and Iron them upon a Woolen Cloath on the wrong side.

*107. To wash coloured Silks.*

They must be washt the same way with the white Sarfenet, only you must not use any blew with them, neither must you smoak them over Brimstone, but in all things else you must do as in the White-Sarfenet.

*108. To Embroider Belts, Bodices, or Petticoats.*

Get your Pattern drawn, and then form it about with what you like best, black Gimp or other, and fill up the under parts and leaves with faxen-stitch some light and some darker, and let the upper parts and Seeds of Flowers be done with high work, as Purple stich or others, and let the stalks be all alike with a great Gimp twisted, you may make your Flowers of what fancy you please in Shadows, and being well shadowed they will appear very Natural.

*109. To wash and Starch Points.*

You must first put your Points into a Tent, then take very good Soap, and make a strong Lather therewith, then take a small Brush and dip it therein, and therewith rub your Point very well on both sides, and continue so to do till you have washed it in four Lathers, and then wash it in fair Water only, and afterwards in blue Water, and then take some Starch that is made thin with Water, and wash it over on the wrong side with your Brush, and so let it dry, then lay it upon a Table, and with an Ivory Bodkin made for that purpose, open it in the closest and narrowest parts thereof, then open the Gimp, and overcast,

vercast, and also all the Islet-holes, and when they are thus opened, you must Iron them on the wrong side, but before your Water be warm that you may make your Lather with, and let not your Water, with which you Wash them be too Blue.

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*The Compleat Cook's Guide, or Directions for the Dressing of all Flesh, Fowl, and Fish, both in the English and French Mode; with the preparing of all manner of Sauces and Sallets proper thereunto.*

*Together with the making of all Sorts of Pyes, Pasties, Tarts, and Custards; with the Forms and Shapes of many of them. With Bills of Fare both for Ordinary and Extraordinary.*

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*1. To make a Lamb-Pye.*

First, cut your Lamb into Pieces, and then season it with Nutmegs, Cloves, and Mace, and some Salt with Currans, Raisins of the Sun, and sweet Butter; and if you will eat it hot, when it is baked put in some Yolks of Eggs, with Wine-vinegar, and Sugar beaten together, but if you will eat it cold, put in no Eggs, but only Vinegar and Sugar.

*2. To*

2. *To make a Rice-Pudding.*

Take thin Cream, or good Milk, of vvhat quantity you please, boyl it with a little Cinamon in it, and when it hath boyled a-while take out the Cinamon, and put in Rose-water, and Sugar enough to make it sweet and good; then having your Rice ready beaten as fine as Flower, and searced as some do it, strevv it in, till it be of the thickness of a hasty Pudding, then pour it into a Dish, and serve it.

3. *To make Cheese-Cakes the best way.*

Take tyvo gallons of newv Milk, put into them 2 spoonfuls and a half of Runnet, heat the Milk little less then blood-warm, cover it close with a Cloth, till you see the Cheese be gathered, then vvith a scumming-dish, gently take out the Whey, vvhen you have dreyn'd the Curd as clear as you can, put it into a Sieve, and let it drain very vvell there; then to 2 quarts of Curds, take a quart of thick Cream, a pound of sweet Butter, 12 Eggs, a pound and half of Currans, a penny-vvorth of Cloves, Nutmegs and Mace beaten, half a pound of good Sugar, a quarter of a pint of Rose-vvater; mingle it together and put it into Puff-paite.

4. *To make an Egg-Pye, or Mince-Pye, of Eggs.*

Take the Yolks of 2 dozen of Eggs hard boyl'd shred them, take the same quantity of Beef-Suet, half a pound of Pippins a pound of Currans well vvasht and dry'd, half a pound of Sugar, a penny-worth of beaten Spice, a few Caravvay-seeds, a little candied Orange-peel shred, a little Verjuice and Rose-vvater, fill the Coffin, and bake it vvith gentle heat.

5. *To*



5. *To Corbanado Mutton.*

Broil a Shoulder, or Breast of Mutton, then scotch them vvith your Knife, and strevv on Minc'd Thyme and Salt, and a little Nutmeg ; vvhen they are broiled, Dish them up : the Sauce is Claret-Wine boyled up vvith tvvo Onions, a little Camphire and Capers vvith a little Gravy, Garnish'd vvith Lemons.

6. *To stew a Pheasant French Fashion.*

Roast your Pheasant, till he be half Roasted, then boyl it in Mutton-Broth, and put into the Broth vvhole Pepper, vvhole Mace, Onions and vinegar, and make it sharp, and put in Pruans and Currans, and colour your Broth vvith bruised Pruans.

7. *To make Bisket-Bread.*

Take half a peck of Flovver fine, 2 Ounces of Anniseeds, tvvo Ounces of Coriander-seed, the vvhites of six Eggs, a pint of Ale-yeast, with as much vvarm Water as vvill make it up into a Paste, so bake it in a long Rovvl ; vvhen it is 2 days old, pare it, and slice it, then Sugar it, and dry it in an Oven, and keep it all the Year.

8. *To make a Dish of Marrow.*

Take a pint of fine Paste, and roul it very thin, then take the Marrovv all as vvhole out of the bones as you can, and cleave it into four quarters, then take it and season it vvith a little Pepper, Salt, Sugar, and Dates small Minced, then lay one piece in your Pate, and make it up like a Pescod, so make half a dozen of them, and fry them vvith Clarified butter, scrape Sugar on, and serve them.

9. *To make a Herring-Pye.*

*The Compleat*  
Put great store of sliced Onions, vvith Currans and Raisins of the Sun, both above and under the Herrings, and store of butter, put them into your Pye, and bake them.

10. *To make Black-Puddings.*

Take a quart of Sheeps-blood, and a quart of Cream, ten Eggs, the Yolks and the Whites beaten together, stir all this Liquor very vvell, then thicken it vvith grated bread, and Oat-meal finely beaten, of each a like quantity, beef-suet finely shred, and Marrow in little Lumps, season it vvith a little Nutmeg, Cloves, and Mace mingled vvith Salt, a little sweet Marjorum, Thyme, and penny-royal shred very vvell together, and mingle them with the other things: some put in a few Currans, then fill them vvith clarified Guts, and boyl them very carefully.

11. *To make a good Spanish Olio.*

Take a Rump of Beef, or some of a Brisket or Buttock, cut it to pieces; a Loyn of Mutton with the Fat taken off, and a fleshy piece of a Leg of Veal, or a Knuckle, a piece of enter-larded Bacon, 3 or 4 Onions, or some Garlick, and if you will, a Capon or two, or else 3 great Tame Pigeons. First put into the water the beef and bacon, after a while the Mutton, Veal, and Onions, but not the Capons or Pigeons, only so long till they are boyled enough, if you have *Garavanza's* put them in at the first, after they have ben soaked with Ashes all night in heat, wash them well in warm water, or if you have Cabbage, Roots, Leeks, or whole Onions, put them in time enough to be sufficiently boyled. You may at first put in some crusts of bread, or Venison Pye-Crust, it must boyl in all 5 or 6 hours gently, like stevving.

stewing : After it is well boyled, a quarter, or half an hour before you intend to take it, take out a porringer full of broth, and put to it some Pepper, and 5 or 6 Cloves; and a Nutmeg, and some saffron, and mingle them well in it, then put that into the Pot, and let it boyl, or stew with the rest a while, put in a bundle of sweet herbs, Salt must be put to it when it is scum'd.

12. *To stew Venison.*

If you have much Venison, and do make many cold baked Meats, you may stew a dish in haste thus, When it is sliced out of your Pye, Pot, or Pasty, put it in your stewing Dish, and set on a heap of coals, with a little Clarret Wine, a sprigg or 2 of Rosemary, half a dozen Cloves, a little grated bread, Sugar and Vinegar, so let it stew together a while, then grate on Nutmeg, and Dish it up.

13. *To boyl a Leg of Veal and Bacon.*

Lard your Leg of Veal with bacon all over, with a little Lemon peel amongst it, then boyl it with a piece of Middle-bacon, when your bacon is boyled, cut it in slices, season it with Pepper and dried Sage mixt together ; Dish up your Veal vwith bacon round about it, send up vwith it, saucers of green sause, strevv over it Parsley and Barberries

14. *To make Furmety.*

Take French barley, and pick it, and vvasht it, lay it in steep 1 Night, then boyl it in 2 or 3 several vvaters, and so cover it as you do Wheat to make it svvell, then take a quart of good Cream, and boyl it vwith a Race of Ginger cut in 2 pieces, 1 blade of Mace, and half a Nutmeg all in one piece, then put thereto so much of the barley as vvill thicken it, and vvhen it is almost boyled, stir in 2 or 3 yolks

*The Compleat*  
yolks of Eggs vvell beaten, and so strained vvith a  
few beaten Almonds and Flowver, or 5 spoonfuls of  
Rosevvater, then take out the vvhole spices and sea-  
son your Furmety vvith salt, and svveeten it vvith  
sugar, and serve it.

15. *To make a Pig Pye.*

Flea your Pig, and cut it into pieces, and season  
it vvith Pepper, Salt, Nutmeg, and large Mace, lay  
into your Coffin, good store of Raisins of the Sun,  
and Currans, and fill it up vvith svweet butter, so  
close it, and serve it hot.

16. *To make a Neats-Foot-Pye.*

First boyl your Neats-foot, and take out the  
bones, then put in as much beef-suet as in quanti-  
ty thereto, and so mince them, then season them  
vvith Cloves, Mace, Nutmeg, Sugar, and Salt, and  
put into your Coffin vvith some Barberries, Cur-  
rans, and Raisins of the Sun, then bake it and  
alvvays serve it hot.

17. *To make an Orangado Pye.*

Make a handsome thin Coffin, and hot butter'd  
Paste; slice your Orangado, and put over the  
bottom of it, then take some Pippins and cut every  
one into eight parts, and lay them in also upon the  
Orangado, then pour some syrup of Orangado,  
and sugar on the top, and so make it up, and  
bake it, and serve it up vvith Sugar scraped on it.

18. *To make a Pork Pye.*

Boyl your Leg of Pork, season it vvith Nutmeg,  
Pepper and Salt, and bake it five Hours in a  
round Pye.

19. *To make a Fricaciè of Veal.*

Cut your Veal in thin slices, beat it vvell vvith

with a  
ls of  
sea-  
with  
a rouling-pin, season it vvith Nutmegs, Lemon,  
and Thyme, fry it slightly in the Pan, then beat  
2 Eggs, and one spoonful of Verjuice, put it into  
the pan, stir it together, Fry it and Dish it.

20. *To make a Quince-Pye.*

Take a gallon of Flowver, a pound and half of  
Butter, six Eggs, thirty Quinces, three pound of  
Sugar, half an ounce of Cinamon, half an ounce  
of Ginger, half an ounce of Cloves, and Rose-  
Water; make them into a Tart, and being ba-  
ked, strevv on double refined Sugar.

21. *To make Goose-berry-Fool.*

Pick your Goos-berries, and put them into  
clean Water, and boyl them till they be all as  
thick that you cannot discern vvhat it is, to the  
quantity of a quart, take six Yolks of Eggs  
vvell beaten vvith Rose-Water, before you put  
in your Eggs, season it vvell vvith sugar, then  
strain your Eggs, and let them boyl a vvhile,  
put it in a broad Dish, and let it stand till it is  
cold, and serve it.

22. *To make a Tart of Green-Pease.*

Boyl your Pease tender, and pour them out  
into a Cullender, season them vvith Saffron, Salt,  
svveet butter, and Sugar, then close it, and let it  
bake almost an hour, then dravv it forth and Ice  
it, put in a little Verjuice, and shake it vvell, then  
scrape on sugar, and serve it.

23. *To Souce an Eel.*

Souce an Eel vvith a handful of Salt, split it  
down the back, take out the Chine-bone, season the  
Eel vvith Nutmeg, Pepper, Salt, and svveet Herbs  
minc'd; then lay a pack thread at each end, and the  
middle roul up like a Collar of Bravvn, then boyl  
it

it in Water, Salt and Vinegar, a blade or two of Mace, and half a slice of Lemon, boyl it half an hour, keep it in the same Liquor two or three Days, then cut it out in round pieces, and lay six or seven in a Dish with Parsley and Barberries, and serve it with Vinegar in Saucers.

*24. To make a Bacon-Tart.*

Take a quarter of a pound of the best Jordan-Almonds, and put them in a little warm water to blanch them, then beat them together in a Mortar with three or four spoonfuls of Rose-Water, then sweeten them with fine Sugar; then take Bacon that is clear and white, and hold it upon the point of a Knife against the fire, till it hath dropt a sufficient quantity, then stir it well together, and put it into the Paste, and bake it.

*25. To make an Umble-Pye.*

Lay beef suet minc'd in the bottom of the Pye, or slices of interlarded Bacon, and cut the Umble as big as a small Dice, cut your Bacon in the same form, and season it with Nutmeg, Pepper, and Salt, fill your Pyes with it, with slices of bacon, and butter, close it up and bake it: Liquor it with Claret, butter, and stripped Thyme, and so serve it.

*26. To keep Asparagus.*

Parboyl your Asparagus very little, and put them into clarified butter, cover them with it, and when the butter is cold cover them with Leather, and about a Month after refresh the Butter, melt it and put it on them again; then set them underground, being covered with Leather.

*27. To roast a haunch of Venison.*

If your Venison be seasoned, you must Water it,



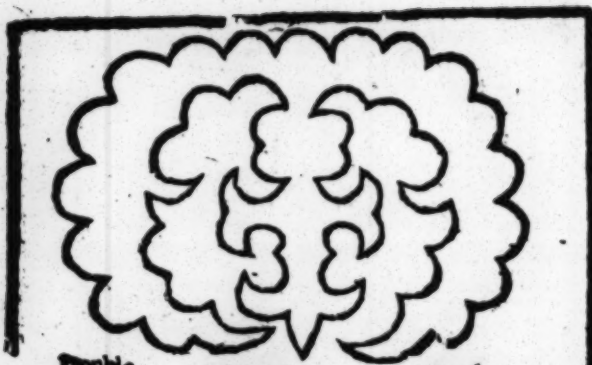
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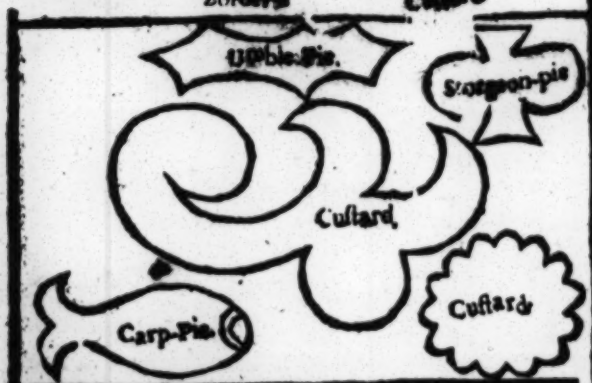
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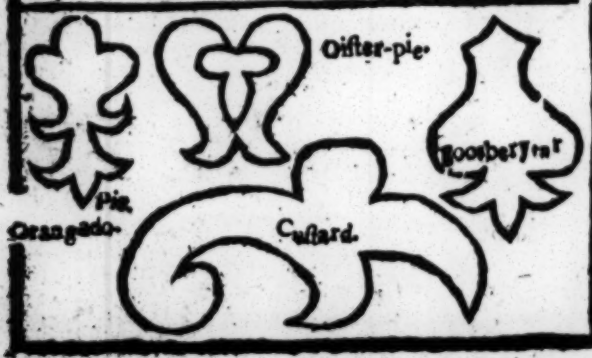
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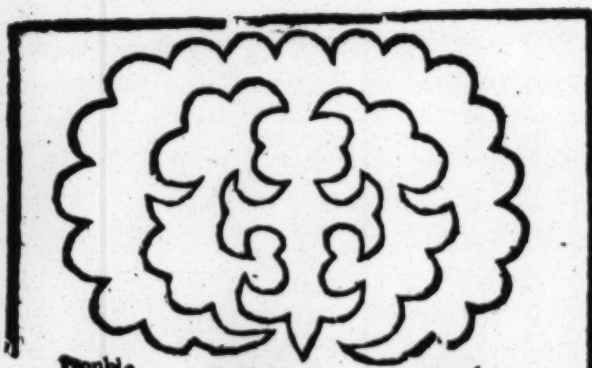
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Custard

Preserv'd Tarr

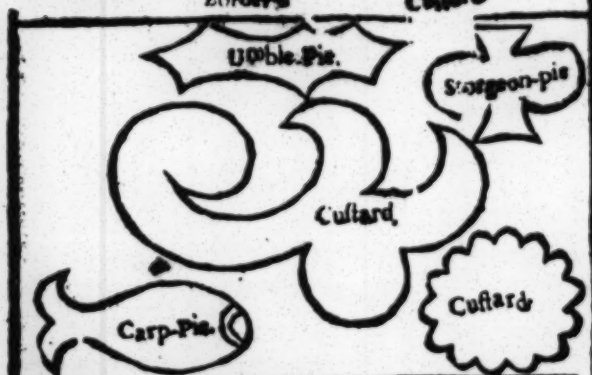
Custard



Double

Eordevd

Cullard



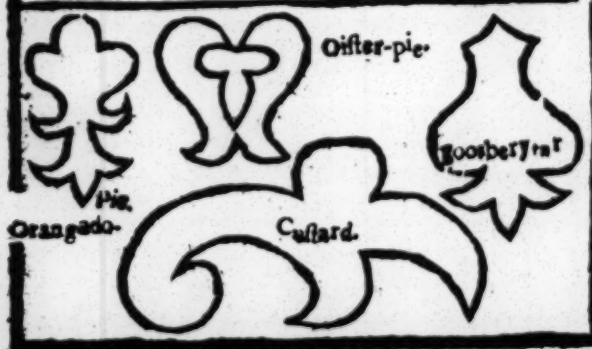
Double Pie.

Star-shaped-pie

Cullard

Carp-Pie.

Cullard



Oyster-pie.

Gooseberry-pie

Cullard

Orangado-

Pie.

Lumber  
Pie

Chicken-  
Pye.

Minc' pie.

TONGUE

Lumber-Pye

Minc'd P.YE.

Minc'd P.YE.

Custard

Preserv'd Tart.

Custard

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it, and stick it with short sprigs of *Rosemary*; let your sauce be *Claret wine*, a handful of grated *Bread*, *Cinamon*, *Ginger*, *Sugar*, a little *vinegar*; boyl these up so thick, as it may only run like *Butter*; it ought to be sharp and sweet: Dish up your Meat on your Sauce.

28. *To Carbonado Hens.*

Let your Sauce be a little *White-wine* and *Gravy*, half a dozen of the yolks of hard Eggs minced, boyled up with an *Onion*, add to it grated *Nutmeg*; thicken it up with the yolk of an Egg or two, with a ladle full of drawn *Butter*; Dish up your Hens, and pour over you Sauce, strew on your yolks of Eggs minced, and garnish it with *Lemon*.

29. *To fry Artichocks.*

When they are boyled and sliced, sitting for that purpose, you must have your yolks of Eggs beaten with a grated *Nutmeg* or two; when your pan is hot, you must dip them into the Yolks of Eggs, and charge your pan; when they are fryed on both sides, pour on drawn *Butter*; And if you will fry *Spanish Potato's*, then the Sauce is, *Butter*, *Vinegar*, *Sugar*, and *Rosewater*; these for a need may serve for second Course Dishes.

30. *To make a Hedge-Hog Pudding.*

Put some *Raisins of the Sun* into a deep wooden Dish, and then take some grated bread, and one pint of sweet *Cream*, 3 yolks of Eggs, with two of the whites, and some *Beef-suet*; grated *Nutmeg* and *Salt*; then sweeten it with *Sugar*, and temper all well together, and so lay it into the dish upon the Raisins, then tye a Cloath about the dish, and boyl it in *Beef-broath*, and when you take it up put it in a pewter Dish, with the Raisins uppermost, and then

blanched Almonds very thick into the pudding, then melt some Butter, and pour it upon the pudding, then strew some sugar about the dish, and serve it.

31. *To stew a Leg of Lamb.*

Cut it into pieces, and put it into your stewing-pan, being first seasoned with Salt and Nutmeg, and as much Butter will stew it, with Raisins of the Sun, Currans and Gooseberries; when it is stewed, make a Caudle with the Yolks of two or three Eggs, and some Wine-vinegar and sugar beaten together, and put it into your Meat, and stew all a little longer together, then dish it, strew sugar on the brims and serve it hot.

32. *To bake a Pickerel.*

Boyl your Pickerel, and pull out the ribs and bones, then put it into your Paste, and season it with pepper and salt, and put in some butter, and raisins of the Sun, and so bake it.

33. *To make a Haggess-Pudding.*

Take a fat Haggess, parboyl it well, take out the kernels, shired it small, and temper it with a handful or two of grated Manchet; then take 3 or four Eggs well beaten, Rose-water, Sugar, Cloves, Nutmeg, Cinamon, and Mace finely beaten, currans and marrow good store; temper them altogether with a quantity of Cream, being first moderately seasoned with Salt.

34. *To make a dish of Meat with Herbs.*

Take Sives, Parsley, Thyme, Marjoram, and roast 3 or 4 Eggs hard, and a quantity of mutton-suet, beef or lamb, chop them fine altogether, and season it with Cloves, Mace, Ginger, sugar, and Cinamon, and a little salt, then fry them with a little sweet butter.

35. *To*

35. *To make Cream of Eggs.*  
Take one quart of Cream, and boyl it, then beat 4 whites of eggs very well with 2 spoonfuls of Rose-water; when the Cream is boyled enough, take it off the fire, and when it is cool, stir in the eggs with a little salt, then garnish your dish with fine sugar scraped thereon, and serve it always cold for a closing dish.

36. *To make a fine Pudding in a dish.*

Take a penny white-loaf, and pare off all the crust, and slice it thin into a dish with a quart of Cream, and let it boyl over a Chafing-dish of coals, till the bread be almost dry, then put in a piece of sweet butter, and take it off, and let it stand in the dish till it be cold, then take the yolks of three Eggs, and the quantity of one with some Rose-water and Sugar, and stirring them altogether, put it into another dish well butter'd, and bake it.

37. *To boyl Scollops.*

First boyl the Scollops, then take them out of the shells, and wash them, then slice them, and season them with Nutmeg, Ginger and Cinamon, and put them into the bottom of your shels again with a little Butter, White-wine, Vinegar, and grated bread, let them be boyled on both sides; if they are sharp, they must have Sugar added to them, for the Fish is luscious, and sweet naturally; therefore you may boyl them with Oyster Liquor and Gravy, with dissolved Anchovies, minced Onions and Thyme, with the juice of Lemon in it.

38. *To boyl Wild Ducks.*

First half Roast them, then take them off, and put them in a shallow broad pan that will contain them, with a pint of Claret-wine, and a pint of strong

broath, a dozen of Onions cut in halves, a Faggot or two of sweet Herbs, with a little whole Pepper, and some slices of Bacon; cover your pan, and let them stowe up, add gravy to part of the Liquor, at least so much as will serve to Dish them: Garnish them with Bacon and Onions if you please.

39. *To make a Venison-Pasty.*

When you have powdered your Haunch of Venison or the sides of it, by taking away all the bones and sinews, and the skin or fat, season it with Pepper and Salt only, beat it with your Rowling-pin, and proportion it for the Pasty, by taking away from one part, and adding to another, your paste being made with a peck of fine Flower, and about 3 pound of Butter, and 12 Eggs, work it up with cold water into a stiff paste as you can, drive it forth for your pasty, let it be as thick as a man's Thumb, roul it up upon a roulng-pin, and put under it a couple of sheets of Cap-Paper well flowered, then your white being already minced and beaten with water, proportion it upon the pasty to the breadth and length of the Venison, then lay your Venison in the said white, wash it round with your Feather, and put on a border, season your Venison on the top, and turn over your other leaf of paste, so close up your Pasty; then drive out another border for garnishing the sides up to the top of the pasty, so close it together by the rowling-pin, by roulng it up and down by the sides and ends, and when you have flourish'd your garnishing, and edg'd your pasty, vent it at the top, set it in the Oven, and let it have 4 or 5 hours baking at the least, and then draw it.

40. *To make a Damson-tart.*

Take Damsons, and see the them in Wine, and strain

strain them with a little Cream, then boyl your stuff over the fire till it be thick, and put thereto Sugar, Cinamon, and Ginger, but let it not in the Oven after; but let your paste be baked before.

41. *To roast a Rabbet with Oysters.*

Wash your Rabbet, and dry it well, then take half a pint of Oysters, wash them, and wipe them clean one by one and put them into the Rabbet's belly, a couple of Onions shred, whole Pepper, large Mace; 2 or 3 spriggs of Thyme, sew up the belly; and for the sauce, as usual, the Liver and Parsly; and a hard Egg shred them together, and beat some butter thick; put into the dish, and serve it.

42. *To stew Collops of Beef.*

Take of the buttock of beef thin slices, cross the grain of the meat; then hack them, and fry them in sweet butter; and being fryed fine and brown, put them in a pipkin with some strong broth, a little Claret wine, and some Nutmeg; stew it very tender, and half an hour before you dish it, put to it some Gravy, Elder, Vinegar, and a Clove or two; when you serve it, put some juice of Orange, and 3 or 4 slices on it, stew down the Gravy some what thick, and put unto it when you dish it beaten butter.

43. *To make a Beef-pasty like red Deer.*

Take fresh Beef of the finest, without sinews or suet, and mince it as small as you can, and season it with Salt and Pepper, and put in two spoonfulls of Malmsey, then take Lard, and cut it into small pieces, and lay a layer of Lard, and a layer of Beef, and lay a shin of Beef upon it like Venison, and so close it up.

44. *To bake a Hare.*

Take the best of the Hare minced and seasoned

with Pepper, Salt and Mace, then make a proportion of the head, or shoulders, as you make for an Hare-pasty, and lay in a layer of Flesh, and a layer of Lard, and butter a loft and beneath, and make a Gallentine for it in a Saucer.

*45. To boyl a Salmon.*

Take as much water as will cover it, then take Rosemary, Thyme and Winter-Savoury, and Salt, boyl all these very well, and then put in some Wine-Vinegar, and when your Salmon is boyled, let him remain in the same water always until you have occasion to eat of it.

*46. To make an Oyster-pye.*

First dry your Oysters, and then put them into your Coffin with some butter, and whole large Mace, and so bake it; then take off the Lid, and fill it up with more butter, putting some of the Liquor of the Oysters also thereunto, then season it well with Sugar, and serve it hot to the Table at the first Course.

*47. To butter Eggs upon toasts.*

Take twenty Eggs, beat them in a dish with some Salt, and put butter to them, then have two large Rolls, or fine Manchets, cut them in Toasts, and toast them against the fire, with a pound of fine sweet butter; being finely butter'd in a fair clean Dish, put the Eggs on the Toasts, and Garnish your Dish with Pepper and Salt, otherwise half boyl them in the shells, then butter them, and serve them on Toasts, or Toasts about them.

*48. To make a Fricacie of Chickens.*

Scald 3 or 4 Chickens, and flea off the Skin and Feathers together, put them in a little water; take half a pint of White-wine, and 2 or 3 whole Onions,



ons, some large Mace and Nutmeg tyed up in a cloath, a bundle of sweet herbs, and a little Salt, and put them all in a Pipkin close covered ; let them simmer a quarter of an hour ; then take six yolks of Eggs, half a pound of sweet butter, four Anchovies dissolved in a little broth ; shred your boyled Spice small, take a quarter of a pound of Capers, and shred them very small, put the Anchovies dissolved into the Eggs and Butter, and Capers, and so stir it altogether, over a Chafing-dish of coals, till it begin to thicken, then take the Chickens out of the broth, and put lear upon them, serve them with sippets, and Lemon sliced.

49. *To make an Eel-pye with Oysters.*

Wash your Eels, and gut them, and dry them well in a cloath ; to four good Eels allow a pint of Oysters well washed, season them with Pepper, Salt and Nutmeg, and large Mace, put half a pound of butter into the Pye, and half a Lemon sliced, so bake it ; when it is drawn, take the Yolks of 2 Eggs, a couple of Anchovies dissolved in a little White-wine, with a quarter of a pound of fresh butter, melt it, and mix it altogether, and make a lear of it, and put it into the pye.

50. *To make a Puff-paste.*

Break 2 Eggs in 3 pints of Flower, make it with cold water, then roul it out pretty thick, and square ; then take so much butter as paste, and divide your butter in 3 pieces, that you may lay it on at 3 several times, roul your paste very broad, and break one part of the same butter in little pieces all over your paste, then throw a handful of Flower slightly on, then fold up your paste, and beat it with a rowling-pin, so roul it out again ; thus do several times, and then make it up.

51. *To make Barley-broath.*

Put your Barley into fair vva ter, give it 3 qualms over the fire, separate the vvaters, and put it into a Cullender, boyl it in a fourth water with a blade of Mace, and a Clove, and when it is boyled away, put in some Raisins and Currans, and when the Fruit is boyled enough, take it off, and season it with White wine, Rose-water, Putter and Sugar, and a couple of yolks of Eggs beaten with it.

52. *To bake a Pig.*

Take a good quantity of Clay, and having moulded it, stick your Pig, and blood him well, and vvhen he is vvarm, put him in your prepared Coffin of Clay, thick every vvhere, vvith his Hair, Skin, and all his Entrails drawvn, and Belly sovved up again then throw him into the Oven, or belovv the Stock-hole under the Furnace, and there let him soak, turn him novv and then vvhen the clay is hardened, for 12 hours, and he is sufficiently baked, then take him, and break off the Clay, vvhich easily parts, and he vvill have a fine crispy coar, and all the juice of the Pigg in your dish, but remember to put a fevv leaves of sage, and a little Salt in his belly, and you need no other sauce.

53. *A grand Sallet.*

Take a quarter of a pound of Raisins of the Sun, as many blanched Almonds, as many Capers, as many Olives, as much Samphire, as many pickled Cucumbers, a Lemon shred, some pickled French Beans, a Wax Tree set in the middle of the Dish, roasted to the Dish lay all their quarters round the Dish, (you may also mince the Flesh of a Roasted Hen, with Sturgeon and Shrimps) and garnish the Dish with cut Beans and Turneps in several Figures.

54. *To*

54. *To make a Sallet of a cold Hen or Pullet.*

Take a Hen and roast it, let it be Cold, Carve up the Legs, take the Flesh and mince it small, shred a Lemon, a little Parsley and Onions, an Apple, a little Pepper and Salt, with Oyl and Vinegar, garnish the Dish with the Bones and Lemon-peel, and so serve it.

55. *To boyl a Capon, Pullet, or Chicken.*

Boyl them in good Mutton-broath, with Mace, a Faggot of sweet Herbs, Sage, Spinage, Marygold-leaves and flowers, white or green Endive, Burrage, Bugloss, Parsley and Sorrel, and serve it on Sippets.

56. *To stew Ducks the French Fashion.*

Take the Duck and half Roast it, put half a score of Onions in the belly whole, some whole Pepper, a bundle of Thyme, and a little Salt, when it is half Roasted, take it up and slash it into pieces, put it between two dishes, and pierce the Gravy, mix some Claret-wine with that Gravy, and a little sliced Nutmeg, a couple of Anchovies, wash them and slit them, slice the Onions in the Ducks Belly, cover the Dishes close, so let them stew while enough, take some Butter, beat it thick, and shred a Lemon in it, and serve it. Garnish your Dish with the Lemon-peel, and your Onions.

57. *To make a Florentine.*

Take the Kidney of a Loin of Veal, or the Wing of a Capon, or the leg of a Rabbit; mince any of these small with the Kidney of a Loin of Mutton if it be not fat enough, then season it with Cloves, Mace, Nutmegs and Sugar, Cream, Currans, Eggs and Rosewater; mingle these four together, and put

put them into a dish between two sheets of Paste, then close it, and cut the paste round by the brim of the Dish; then cut it round about like Virginal Keys, and let the other lye, prick it, bake it, scrape on Sugar, and serve it.

58. *To make Curd-Cakes.*

Take a pint of Curds, four Eggs, take out 2 of the whites, put in some Sugar, a little Nutmeg, and a little Flower; and drop them in, and fry them with a little Butter.

59. *To roast a Leg of Mutton the French way.*

Take half a pound of Mutton, and a quarter of a pound of Suet, season it with sweet Herbs, and a little Nutmeg, and two or three shallots; slice these very small, and stuff the Mutton round, then take some of the best *Hackney* Turneps, and boyl them in Beef-broth very tender, then squeeze the water from them a little, set them in a dish under the Leg of Mutton, when it is half roasted, and so let the Gravy drop into them; and when the Meat is roasted serve them in the dish with it, with a little frein Butter and Vinegar: Garnish your dish with sliced Onions and Parsley, and some of the Turneps slic'd.

60. *To stew a Carp.*

Take a living Carp, and knock him on the head, open him in the belly, take heed you break not the Gill, pour in a little Vinegar, and wash out all the blood, stir it about with your Hand, and keep the blood safe; then put as much White-wine into a pan or skillet, as will almost cover, and set it on the fire; put to it an Onion cut in the middle, a Clove or less of Garlick, a Race of Ginger shred, Nutmeg quartered, a Faggot or bundle of sweet herbs.

herbs, and three or four Anchovies; your Carp being cut out, and rubbed all over with Salt, when the Wine (into which you may put a little wat r) doth boyl, put the Carp in and cover him close, and let him stew up about a quarter of an hour, then put in the blood and vinegar, with a little Butter, so dish up the Carp, and let the Spawn Milt, and Rever be laid upon it, the Liqueur that boyled him with the butter is the best Sauce, and is to be eaten as broth: Garnish the dish with Lemons and grated bread.

61. *To make Marrow-Puddings.*

Take a pound of the best Jordan-Almonds, blanch them, beat them fine in a Stone or wooden Morter [not in brass] with a little Rose-water, take a pound of fine powder Sugar, a penny-loaf Grated Nutmeg grated, a pint of Cream, the Marrow of two Marrow-bones, two grains of Amber-greece, mingle them all together with a little Salt, fill the Skins, and boyl them gently as before.

62. *To make a Sack-Poffet.*

Set a Gallon of Milk on the Fire, with whole Cinamon and large Mace, when it boyls stir in a half, or whole pound of Naples-basket grated very small, keeping it stirring till it boyls, then beat 8 Eggs together, casting of the whites away; beat them well with a Ladle-full of Milk, then take the Milk off the Fire, and stir in the Eggs; then put it on again, but keep it stirring for fear of curdling; then make ready a pint of Sack, warming it upon the Coals, with a little Rose-water, season your Milk with Sugar, and pour it into the Sack, in a large bason, and stir it a-pace, then throw on a good deal of beaten Cinamon, and so serve it.

63. *To hash a Rabbit.*

When your Rabbit is wash'd you must take the Flesh from the bones, and mince it small, then put to it a litle strong broth and Vinegar, an Onion or two, with a grated Nutmeg, and let it stew up together, then mince a handful of boyled Parsley green, and a Lemon cut like Dice, and a few Barberries, put it into the Hash and toast it altogether, and when it is enough, put a ladle-full of sweet butter to it, and dish it upon the Chines, and garnish it with Lemons.

64. *To make a Fresh Cheese.*

Take some new Milk, or Cream, and a Race of Cinamon, scald it, then take it off the Fire, sweeten it with fine Sugar, then take a spoonful of Runnet to two quarts of Milk, set it by, and keep it close covered, and so let it stand, when the Cheese comes, strew a little fine Sugar, and grated Nutmeg, and serve it in with sippets, sops in Sack or Muscadine.

65. *To make an Artichoak Pye.*

Take the bottoms of six Artichoaks, boyled very tender, put them in a Dish and some Vinegar over them, season them with Ginger and Sugar, a little Mace whole, and put them in a Coffin of Paste, when you lay them in, lay some Marrow and Dates sliced, and a few Raisins of the Sun in the bottom, with good store of butter, when it is half baked, take a gill of Sack being boyled first with sugar, and a peel of Orange. Put it into the Pye, and set it in the Oven again, till you use it.

66. *To make Marrow-Pasties.*

Shred the Marrow and Apples together, and put



a little sugar to them, put them into puff-paste, and fry them in a pan vvith fresh Butter, and serve them up to the Table, vvith a little white Sugar, strewed on it.

67. *To make Green Sauce.*

Take a good handful of Sorrel, beat it in a Mortar with pippins pared and quartered, with a little Vinegar and Sugar ; put it into Saucers.

Or take Sorrel, beat it and stamp it vvell in a Mortar, squeeze out the juice of it, and put thereto a little Vinegar, Sugar, and 2 hard Eggs minced small, a little Nutmeg grated, and Butter, set this upon the Coals till it is hot, and pour it into the dish on the sippets : This is sauce for Hen, and Veal and Bacon.

68. *To pickle Oysters.*

Take a quart of the largest Oysters with the Liquor, vvasht them clean, and vvipe them, add to them a pint of fair Water, and half a pint of White-vvine Vinegar, half an Ounce of vvhole Pepper, an handful of Salt, a quarter of an ounce of large Mace, vvith the liquor of the Oysters strained ; put all together in a Pipkin over a soft Fire, let them simmer together a quarter of an hour ; vvhen the Oysters are enough, then you may safely take them up, and also put them into a little fair vvater and Vinegar till they be cold, the pickle boyling a quarter of an hour after the Oysters are taken up ; both being cold, put them up together. When you use them garnish the Dish vvith Barberries and Lemons, and a little Mace and Pepper, and pour in some of the pickle.

69. *To make Scotch Collops of Veal.*

Cut out your Fillet into very broad slices, f

*the Compleat*  
and lean, not too thick : Take 8 Eggs, beat them very vvell vwith a little Salt, grate a vvhole Nutmeg, take a handful of Thyme, and strip it, then take a pound of Sausages, half a pint of stevving Oysters of the largest, vvash and cleanse them from the Gravel, then half fry your Veal vwith sveet Butter, then put in your Sausages and Oysters, then take a quarter of a pound of Capers, shred them very small, with three Anchovies dissolved in Whitewine and fair water, so put in your Eggs, shred Capers and Anchovies, Butter and Spice, and mingle them, and strew them in the pan upon the Veal and Oysters, serve it with sip-pets, with a little fresh Butter and Vinegar, with Lemons sliced, and Barberries, with a little Salt. You must have a care to keep the meat stirring, lest the Eggs curdle with the heat of the fire.

*70. To make a rare White-pot.*

Take 3 pints of Cream, whole Cinamon, a little sliced Nutmeg, set on the cream and Spice, and scald it, take a penny-loaf, and slice it very thin, take a couple of Marrow-bones, lay the Marrow sliced on the bottom of the dish, upon the Marrow lay the Bread, then lay Raisins of the Sun over the Bread, and lay Marrow again as before : To the 3 pints of scalded Cream, add 9 yolks of Eggs well beaten with Rose-water, sweeten the Cream with white Sugar, and take out the whole Cinamon, and beat the Cream, and Eggs well, fill up a broad shallow bason and bake it, when it is enough scrape fine Sugar on it, and stick it with red and white Mustard-seeds, and so serve it.

*71. To make a very fine Custard.*

Take a quart of Cream, and boyl it wirth whole  
Spice,

Spice, then beat the Yolks of ten Eggs, and five whites, mingle them with a little Cream, and when your Cream is almost cold, put your Eggs into it, and stir them very well, then sweeten it, and put out your Custards into a deep dish, and bake it, then serve it in with french Comfits strewed on it.

*72. To make Minc'd Pyes of an Eel.*

Take a fresh Eel, flea it, and cut off the Fish from the bones, mince it small, then pare 2 or 3 Wardens, or Pears, mince of them as much as of the Eel, temper them together, and season them with Ginger, Pepper, Cloves, Mace, Salt, a little Sanders, some Currans, Raisins, Pruans, Dates, Verjuice, Butter and Rose-water.

*73. To bake Rabbits to be eaten cold.*

When your Rabbits are parboyled, take out all the bones you can well take out, and lard them, then season them with Pepper, Salt, Cloves, Mace and Nutmegs; with a good quantity of Savoury, and forc'd Meat; then put them into your prepared coffin, put in butter, and close your Pye, bake it, and when it is cold fill it with Clarifi'd Butter.

*74. To bake a Foll of Ling in a Pye.*

Let your Ling be almost boyled, and then season it with Pepper only (the Skin being first taken off) strew the bottom of your prepared coffin with an Onion or two minced small; close your Pye, and bake it; then take the Yolks and Whites of about a dozen Eggs, not boyled altogether hard, mince them small with your Knife, and put them into drawn Butter, tols them together, then draw your Pye, and pour in this Lear of Eggs all over, and shake it together, so put on your Lid, and Dish your Pye.

*75. To bake a Turkey.*

Boyl and Lard your Turkey, when it is parboyl'd season it with Pepper, Salt, and a Little Cloves and Mace, then put him into your prepared Coffin, lay on butter and close it: put the Head on the top with your garnish, then bake it, and fill it with Clarified Butter when it is cold.

*76. To roast Calves-Feet.*

First boyl them tender, and blanch them, and being cold, Lard them thick with small Lard, then spit them on a small spit, and roast them; serve them with sauce made of Vinegar, Cinamon, Sugar, and Butter.

*77. To bake a Goose.*

Break the bones of your Goose, and parboyl him, then season him with Pepper and Salt, and a little Cloves and Mace, if you please, you may bake a Rabbit or two with it, because your stubble Geese are very Fat, and your Rabbits dry, you need not Lard either, bake it in good hot butter-paste.

*78. To make Apple-pyes to Frye.*

Take about twelve Pippins, pare them, cut them, and almost cover them with water, and almost a pound of Sugar, let them boyl on a gentle Fire close covered, with a stick of Cinamon, minced Orange-peel, a little Dill-seed beaten, and Rose-water, when this is cold and stiff, make them into little Pasties with rich paste, and so fry them.

*79. To make a rare Dutch Pudding.*

Take a pound and a half of fresh Beef, all lean, with a pound and a quarter of Beef-suet, both sliced very small, then take a stale half penny-loaf and grate it, a handful of Sage, a little Winter-savoury,

and a little Thyme, shred all these very small, take four eggs, half a pint of Cream, a few Cloves, Nutmeg, Mace, and Pepper finely beaten; mingle them altogether very well with a little Salt, roul it all up together in a green Colwort-leaf, and then tie it up hard in a Linnen-Cloth, Garnish your Dish with grated Bread, and serve it up with Mustard in saucers.

80. *To make Sausages.*

Take Pork, more lean than fat, mince it exceeding small together, then take part of the Fleak of Pork, which is the suet in pieces about the bigness of the top of your finger, season each a part with Sage minced, good store of Pepper, and Salt, with some Cloves and Mace mixt in the seasoning each of them, then take small sheep-guts, and cleanse them, (some use Capon's-guts) and fill them with your Funnel, always putting some of the fleak between the minced, if you have it ready, you may sprinkle a little sack on the top of the Sausage-meat, and it will make it fill the better.

81. *To stew Beef in Gobbets, the French fashion.*

Take a flank of Beef, or any part but the Leg, cut it into slices, or Gobbets as big as Pullets Eggs, with some Gobbets of fat, and boyl it in a pot or pipkin with some fair spring water, scum it clean, and after it hath boyled an hour put to it Carrots, Parsnips Turnips, great Onions. some Salt, Cloves, Mace, and whole Pepper; cover it close, and stew it till it be very tender; and half an hour before it's ready put into it some pick'd Thyme, Parsley, Winter-savoury, sweet Marjoram, Sorrel and Spinage, (being a little bruised with the back of a Ladle) with some Claret-wine; then dish it on fine  
sippets

*The Compleat*  
sippets, and serve it to the Table hot; Garnish it with Grapes, Barberries or Goosberries: Or else use Spices, the bottoms of boyled A'rtichoaks put into beaten butter, and grated Nutmeg, garnished with Barberries.

82. *To boyl a Capon, or Chicken with Sugar-pease.*

When the Cods be but young, string them, and pick off the Husks, then take two or three handfuls and put them into a Pipkin, with half a pound of sweet Butter, a quarter of a pint of fair water, gross Pepper, Salt, Mace, and some Sallet-Oyl; stew them till they be very tender, and strain to them three or four yolks of Eggs, with six spoonfuls of Sack.

83. *To boyl Perches.*

Let your Liquor boyl, and your Pan be seasoned with a little White-wine, Gravy and Vinegar, with a grated Nutmeg, and almost boyl it over a Chafing-dish, then pour sweet butter over it; Garnish it with Barberries and sliced Lemons.

84. *To boyl Eels.*

Cut the Eels and stew them; when they are half done, beat a little Ale with Vinegar and put to the Liquor with some Parsley and sweet Herbs; Dish them and serve them up in their broth with a little Salt.

85. *A Turkish dish of Meat.*

Take an inter-larded piece of Beef, cut it into thin slices, and put it into a pot with a close cover, or stewing-pan; then put into it a good quantity of clean pick'd Rice, skin it well, put into it a quantity of whole pepper, 2 or 3 whole Onions, and let it boyl very vvell, take out the Onions, and dish it on sippets; the thicker it is the better.



86. *To boyl a Chine of Beef powdered.*

Take either a Chine, Rump, Surloin, Brisket, Rib, Flank, Buttock, or Fillet of Beef, and give them in Summer a weeks powdering, in Winter a Fortnight, you may stuff them, or let them be plain; if you stuff them do it with all manner of sweet Herbs with fat Beef minced, and some Nutmeg; serve them on brewis, with Roots, or Cabbage boyled in Milk, with beaten butter.

87. *To make a Hash of a Capon or Pullet.*

Take a Capon, or Partridge, or Hen, and Roast them, and being cold, mince the brains and wings very fine, and tear the Legs and Rumps whole, to be Carbonaded; then put some strong Mutton-broath, or good Gravy, grated Nutmeg, a great Onion and Salt, then stew them in a large Earthen Pipkin, or sauce pan, stew the Rumps and Legs in the same strong broath in another pipkin; then take some light French bread chipt, and cover the bottom of the dish, steep the bread in the same broath, or good mutton Gravy, then pour the Hash on the steeped bread, lay the Legs and the Rump on the Hash with some fryed oysters, sliced Lemon and Lemon peel, the juice of an Orange, and yolks of eggs strained, and beaten butter, Garnish the dish with carved oranges, Lemons, &c. Thus you may hash any kind of fowl.

88. *To dress a Cods head.*

Cut off the Cods-Head beyond the Gills, that you may have part of the body with it, boyl it in water and salt, to which you may add half a pint of Vinegar, the Head must be little more than covered; before you put it into the Cauldron, take a quart of the biggest cleanest Oysters, and a bunch

of sweet Herbs and Onions, and put them into the mouth of the Head, and with a pack-thread bind the Jaws fast, you must be sure to pick it, and wash it very clean: When it is boyled enough, take it up and set it a drying over a Chafing-dish of Coals, then take the Oyster Liquor, four Anchovies, and a sliced Onion, put to them a quarter of a pint of White-wine and sweet-butter, and melt them together, and pour it on the Cods-head; stick all, or most of the Oysters upon the Head, or where they will enter, and garnish it over with them; grate on a little Nutmeg, and send it smoaking up; Garnish the brims of the dish with Lemon, and sliced Bay-leaves.

89. *To boyl Widgeons or Teal.*

Parboyl your Widgeons or Teal, and then stick whole Cloves in their breasts, put into their bellies a little Winter-savoury or parsley, boyl them in a pipkin by themselves thicken it with Toasts, season it with Verjuice, Sugar, and a little Pepper; Garnish your dish with Barberries and Pruens, and so serve them.

90. *To make a Veal-Pye.*

When your Paste is raised; then cut your Leg of Veal into pieces, and season it with Pepper, Nutmeg and Salt, with some whole large Mace, and so lay it in your prepared Coffin, with good store of Raisins of the Sun, and Currans, and fill it up with sweet Butter, then close it, and set it in the Oven, and when bak'd serve it hot.

91. *To make a fry'd Pudding.*

Take grated Bread, Currans, Cloves and Mace, with Beef Suet and Sugar, and 1 yolk of an Egg beaten, mix all well together, and make them into flat bowls,

bowls, then fry them in Beel-luet, and Garnish your dish with Sugar, serve them always at the first course.

92. *To bake a breast of Veal.*

First parboyl it, and take out the long bones, and so lay it in a Dish in Vinegar two or three hours, then take it out, and season it with Pepper and Salt, and so lay it into a thin fine palle, with good store of fine sweet Herbs finely chopt, and good store of Butter or Marrow ; then bake it, then put in some juice of Oranges and serve it hot.

93. *To make a Paste for all manner of Tarts.*

Take very sweet Butter, and put into fair water and make it boyl on the fire ; then take the finest flower you can get, and mix them well together, till it come to a palle, and so raise it ; but if you doubt that it will not be stiff enough, then you may mix some yolks of Eggs with it, as you temper all your stuff together.

94. *To make a baked Pudding.*

Grate a penny-loaf, and put thereto more Suet then bread nunc'd small, with some Nutmeg and Sugar, and two yolks of Eggs, tempering it only with Rose-water ; then Butter a little pewter Dish in the bottom, and put your stuff after it is well tempered therein, then bake it, when 'tis baked, stir it up from the bottom of the Dish, and so turn the underside uppermost, then strew some Sugar upon it, and upon the brims of the Dish, and serve it first to the Table.

95. *To boyl Sparrows, Larks or other small Birds.*

Take a Ladle full of strong Mutton-broath, a little whole Mace, and a handful of parsley, put in a little Winter-favoury, season it with Verjuice, Sugar, and a little Pepper, thicken it with a spoonfull

96. *To boyl a Capon with Asparagus.*

Boyl your Capon or Chicken in fair water, and some salt, then put in their bellies a little Mace, chopped parsley, and sweet butter; being boyled serve them on sippets, and put a little of the broth on them; Then have a bundle or 2 of Asparagus boyled, put in beaten butter, and serve it on your Capon or Chicken.

97. *To boyl a Chicken or Capon in white Broth.*

First boyl the Capon in vvater and Salt, then 3 pints of strong broth, and a quart of White-wine, and stevv it in a pipkin vvith a quarter of a pound of Dates, half a pound of fine Sugar, four or five blades of large Mace, the marrovv of 3 Marrovv-bones, a handful of vvwhite Endive, stevv these in a Pipkin very leasurely, that it but only sinper, then being finely stevved, and the broth vvell tasted, strain the yolks of ten Eggs, vvith some of the broth; before you dish up the Capons or Chickens, put the Eggs into the broth, and keep it stirring, that it may not Curdle, give it a Walm and set it from the fire: the Fovvls being dish'd up put on the broth, and Garnish the Meat vvith Dates, Marrovv, large Mace, Endive, preserv'd Barberberries, Oranges, boyled Skirrets, Pomegranates, and Kernels. Make a Lear of Almond-paste and Grape Verjuice.

98. *To boyl a Capon with Sage and Parsley.*

First boyl it in Water and Salt, then boyl some Parsley, Sage, 2 or 3 Eggs hard and chop them; then have a fevv thin slices of Manchet, and stew altogether but break not the slices of bread; stevv them with some of the broth wherein the Capon boyls,

boyls, some large Mace, butter, a little  
Wine, or Vinegar, vvith a fevv Barberries, or  
Grapes; dish up the Chickens on the sauce, and  
run them over vvith sweet Butter, and Lemon,  
cut like Dice, the Peel being cut like small Lard,  
and boyl a little peel vvith the Chickens.

99. *To fry Rabbits vvith sweet Sauce.*

Cut your Rabbet in pieces, vvash it, and dry  
it vvell in a Cloth, take some fresh butter, and  
fry the Rabbet in it, vvhen your Rabbet is little  
more than half fried, take a little Vinegar, fresh  
butter and sugar; melt it together, and so serve  
it vvith Sippets, the dish Garnished vvith Flowv-  
ers, &c.

100. *To make a French Pottage called Skink.*

Take a leg of Beef, and chop it into 3 pieces,  
then boyl it in a pot vvith 3 pottles of Spring-Wa-  
ter, a fevv Cloves, Mace and vvhole Pepper: after  
the Pot is scumm'd put in a bundle of sweet-Mar-  
joram, Rosemary, Thyme, Winter-savoury, Sage  
and Parsley, bound up hard, some Salt, and 2 or 3  
great Onions whole, then about an hour befor din-  
ner put in 3 Marrow-bones, and thicken it with some  
strained Oatmeal, or manchet sliced and steeped  
with some Gravy, strong broath, or some of the  
pottage; then a little before you dish up the Skink,  
put into it a little fine powder of Saffron, and give  
it a walm or 2; Dish it on large slices of *French*  
*Bread*, and Dish the marrow-bones on them in a fine  
clean large dish, then have 2 or 3 manchetts cut in-  
to Toasts, and being finely Toasted, lay on the  
Knuckle of Beef in the middle of the Dish, the Mar-  
row bones round about it, and the Toasts round a-  
bout the dish brim; serve it hot.

101. *To Make Gooseberry Cream.*

First boyl, or you may preserve your Gooseberries; then having a clear Cream boyled up, and seasoned with old Cinamon, Nutmeg, Mace, Sugar, Rose water and Eggs, dish it up, and when it is cold, take up the Goose-berries with a pin, and stick them on in rounds as thick as they can lye upon the said Cream; Garnishing your dish with them, and strew them over with the finest Sugar, and serve them up

102. *To make a Quaking Pudding.*

Take a quart of sweet Cream, and near half a pound of Almonds blanched, and finely beaten, then strain them, and boyl it with large Mace, and season it with Rose-water and Sugar, then take ten Eggs, and five of their whites well beaten with small Cinamon, and two or three spoonfuls of flower, mix all well together, and make it of the thicknes of Butter, then wet a Cloath and rub it with Flower, tying your Pudding round therein, and boyl it in Beef-broath two hours; take it up, and put a little White-wine, Sugar, and sliced Nutmeg into a Peuter-dish, and put your pudding into it; then scrape some Sugar on the briins and serve it.

103. *To make Clouted Cream.*

Take new Milk and set it on the fire from Morning till Evening, but let it not boyl; And this is called my Lady Youngs Clouted Cream.

104. *To Souce a young Pig.*

Scald a young Pig, boyl it in fair water and White-wine, put thereto some Bay-leaves, whole Ginger and Nutmegs quartered, and a few whole Cloves, boyl it thoroughly, and let it lye in the same broth in an Earthen pot,

105. *To*



105. *To make Polonian Sausages.*

Take the Fillets of a Hog, chop them very small with a handful of red Sage, season it hot with Ginger and Pepper; then put it into a great Sheeps gut, let it lye three nights in Brine, then boyl it, and hang it up in a Chimney where Fire is usually kept. These Sausages will keep a whole Year, and are good for Sallets, or to garnish boyl'd Meat, or to relish a Glas of Wine.

106. *To keep Salmon fresh a whole Month.*

First boyl your Salmon as usually, then put it into an earthen pot, and cover it in good White-wine Vinegar, putting thereto a branch of Rosemary, and keep it very close covered, and so you may keep it, that it will retain its perfect taste and delicacy for a Month or more.

107. *To make tender and delicate brawn.*

Put a Collar of Brawn in a Kettle of water, and set it into an Oven, as for Houllould-bread, cover it close, and let it stand as long as you would do bread, and it will be very excellent Brawn.

108. *To keep powdered Beef after it is boyled, sweet five or six Weeks.*

When your Beef hath been powdered about a fortnight, then boyl it well, and dry it with a cloth and wrap it in dry cloaths, and put it into some pot or Vessel, and keep it close from the air, and it will keep sound two or three Months.

109. *To dress Neats-tongues and Udders.*

When they are boyled enough in Beef-broath, and scumm'd, you must have Turnips ready boyled, cut in pieces, and soak'd in Butter, or else Colliflowers and Carrets, or all of them; then put the Turnips all over the bottom of a large Dish, then

slice out the Tongues, and lay the sides one against another, slice the Udders, and lay them between, opposite to one another; Garnish the Colliflowers all over them, and the Carrots up and down between the Colliflowers, with Barberries and Parsly on the brim of the dish.

110. *To make Pannado.*

Take a quart of Running-water, and put it on the Fire in a skillet, then cut a little Roul of bread in slices, about the bigness of a groat, and as thin as Wafers, lay it on a dish on a few Coals, then put it into the water, with 2 handfuls of Currans pick'd and wash'd, a little large Mace, when it is enough season it with Sugar and Rose-water

111. *To make Liver Puddings.*

Take the Guts of a young Hog, wash them very clean, and lay them 2 or 3 dayes in water, take the Liver of the same Hog and boyl it till it will grate, then grate it very finall and fine, take to the weight of the Liver almost the weight of Beef-suet, season it with Salt, Cloves, Mace and Nutmeg finely beaten, a penny loaf grated, a pound of the best white Sugar, 2 pound of Currans, a pint of good Cream, a quarter of a pint of Rose-water, 3 Eggs, mix all together to such a thickness, that you may fill the Guts, then prick them, and put them into boyling water, and keep an even Fire for half a quarter of an hour; then take them up, and lay them upon straw, you must have a care not to tye them too hard, nor too slack, lest they break in boyling,

112. *To make a rare Citron-Pudding.*

Take a penny loaf and grate it, a pint and half of Cream, half a dozen of Eggs, one Nutmeg sliced, a little salt, an Ounce of Candyed Citron sliced  
finall,

small, a little Candyed Orange-peel sliced, three Ounces of Sugar, put these into a wooden dish well flowered, and cover it with a Cloath, and when the water boyleth put it in, boyl it well, and serve it up with Rose-water and Sugar, and stick it with Wafers or blanched Almonds.

113. *To bake a Gammon of Bacon.*

Water it fresh enough, and seethe it as tender as you may to handle it, and then pull off the skin and stuff it with Parsley, Penny-royal, Thyme, Marjoram, Marygolds, Camomile and Sage, chop them small, and season them with Salt and Pepper, Cloves, small Raisins, yolks of Eggs hard roasted, then stuff your Bacon, and cut off the lean of the Bacon; and mince it small, and take a handful of your stuffing, and mingle it with three or 4 yolks of raw Eggs, and then put it upon the Gammon, then close on the skin again, and close it in paste.

114. *To boyl Woodcocks or Snites.*

Boyl them either in strong broth, or in water and salt, and being boyled, take out the Guts, and chop them small with the Liver, put to it some Crumbs of grated White-bread, a little Cock-broth, and some large Mace, stew them together with some Gravy, then dissolve the Yolks of two Eggs in some Wine-Vinegar, and a little grated Nutmeg, and when you are ready to dish it, put in the Eggs, and stir it among the Sauce with a little butter, dish them on sippets, and run the Sauce over them with some beaten butter and capers, a Lemon minced small; Barberries, or whole pickled Grapes.

115. *To make a made dish of Apples.*

Put on your Skillet of water with some Currans a boyling, then pare about a dozen of Pippins, and

cut them from the core into the said water, when they are boyled tender pour them into a Cullender, when the water is drained from them, put them into a dish, and season them (but stay till they are cold, least it melt your Sugar) with Sugar, Rose-water, Cinamon, and Caraway-seeds, then roul out 2 sheets of paste, put 1 into the dish, bottom, and all over the brims, then lay the Apples in the bottom round and high, wet it round, and cover it with the other sheet, close it, and carve it about the brims of the dish as you please, prick it, and bake it, scrape Sugar upon it, and serve it up.

116. *To make a Fool.*

Set two quarts of Cream over the Fire let it boyl, then take the Yolks of twelve Eggs and beat them very well, with three or 4 spoonfuls of cold Cream, and then strain the Eggs in the Skillet of hot cream, stirring it all the time to keep it from burning, then set it on the fire, and let it boyl a little while, but keep it still stirring for fear of burning, then take it off, and let it stand and cool, then take two or 3 spoonfuls of Sack, and put it in the Dish with four or 5 sippets, set the Sippets a drying, and when they be dry that they hang to the dish, sweeten the Cream, and pour it into the dish softly, because the sippets shall not rise up; this will make 3 dishes: When it is cold it is fit to be eaten.

117. *To boyl Flounders or Jacks the best way.*

Take a pint of white-wine; the Tops of young Thyme and Rosemary, a little whole Mace, a little whole pepper, seasoned with Verjuice, Salt, and a piece of sweet butter, and so serve it; you may do fish in the same Liquor three or four times.

118. *To boyl a Haunch of Venison.*

First

First stuff your Venison with a handful of sweet Herbs, and parsley minced with a little Beef suet, and yolks of Eggs boyled hard; season your stuffing with Pepper, Nutmeg, Ginger and Salt; put your Haunch of Venison a boyling, being powdered before; then boyl up 3 or 4 Colliflowers in strong broth, and a little Milk; when they are boyled, put them forth into a Pipkin, add to them drawn butter; and keep them warm by the Fire; then boyl up 2 or 3 handfals of Spinage in the same Liquor, when it is boyld up, pour out part of the broth and put in a little Vinegar, and a Ladleful of sweet butter, and a grated Nutmeg, your dish being ready with sippets in the bottom, put on your Spinage round toward your dish side; then take up the Venison, being boyled, and put it into the middle of your dish, and put in your Colliflowers all over it, pour on your sweet butter, over your Colliflowers, and garnish it with Barberries, and the brims of the dish with green Parsley minced, Cabbage is as good, done in the same manner as Colliflowers.

119. *To make an Eel-Pye.*

Wash, flea, and cut your Eels in pieces, put to them a handful of sweet Herbs, parsley minced with an Onion, season them with Pepper, Salt, Cloves; Mace and Nutmeg, and having your Coffin made of good paste, put them in, and strew over them 2 handfals of Currans, and a Lemon cut in slices, then put on butter and close the pye, when it is baked, put in at the Funnel a little sweet butter, White-wine and Vinegar, beaten up with a couple of yolks of Eggs.

120. *To bake Steaks the French way.*

Season the Steaks with Pepper, Nutmeg; and

Salt lightly, and set them by ; then take a piece of the leanest of the Leg of Mutton, and mince it small with some Beef-suet, and a few sweet Herbs, as Tops of Thyme, and Penny-royal, grated bread, yolks of Eggs, sweet Cream, Raisins of the Sun, &c. Work all these together, and work it into little balls, or puddings, put them in a deep round Pye on the steaks ; then put to them some butter, and sprinkle it with Verjuice, close it up, and bake it, when it is enough cut it up, and liquor it with the juice of two or three Oranges or Lemons.

121. *To make a Warden or Pear-pye.*

Bake your Wardens or Pears in a nOven with a little water, and a good quantity of Sugar, let your pot be covered with a piece of dough ; let them not be fully baked by a quarter of an hour ; when they are cold, make a high Coffin, and put them in whole, adding to them some Cloves, whole Cinamon, Sugar, with some of the Liquor in the pot, so bake it.

122. *To stew a Trout.*

Take a large Trout fair trim'd, and wash it, put it into a deep Peuter Dish ; then take half a pint of sweet Wine, with a lump of butter, and a little whole Mace, Parsley, Savoury and thyme ; mince them all small, and put them into the belly of the Trout, and so let it stew a quarter of an hour, then mince the yolk of an hard Egg, and stew it on the Trout, lay the Herbs about it, scrape on Sugar, and serve it up.

123. *To make Sauce for Pidgeons.*

Melt some Vinegar and butter together, and roast some Parsley in the belly of the Fowl ; or else Vine-leaves and mix it well together, and pour it on.

124. *A general Sauce for Wild-fowl.*

The



The most general Sauce for Wild-Fowl roasted ; as Ducks, Mallard, Widgeons, Teal, Snipe, Shel-drake, Plovers, Puets, and the like, is only Mustard and Vinegar, or Mustard and Verjuice mixed together, or else an Onion, Water and Pepper.

125. *To Roast a Cows Udder.*

Boyl your Udder very well, then stick it thick all over with Cloves, and when it is cold spit it, and lay it to the fire, and baste it very well with sweet butter, and when it is sufficiently Roasted and brown, draw it in the fire, and put some vinegar and butter on a Chafing dish of Coals, and crumb in some white-bread, and boyl it till it be thick, then put to it good store of sugar and Cinamon, and putting it into a clean dish, lay the Cows Udder therein, and trim the sides of the dish with sugar and so serve it.

126. *To make a Spinage-Tart.*

Take of good Spinage, and boyl it in White-wine till it be very soft as Pap ; then take it and strain it all in a peuter dish, not leaving any unstrained : Put to it rose-water, good store of sugar, Cinamon, and rose-water, and boyl it till it be as thick as Marmalade, then let it cool, and afterwards fill your Coffin and adorn it, and serve it, it will be of a green Colour.

127. *To make a Tart of Rice.*

Pick your Rice very clean, and boyl it in sweet Cream till it be very soft, then let it stand and cool ; put to it good store of cinamon and sugar ; and the yolks of a couple of Eggs, and some currans ; stir and beat all well together : Then having made a Coffin as for other Tarts, put your Rice therein and spread it all over the coffin, and break many

small bits of sweet butter upon it all over, and scrape some Sugar over it, then cover the Tart and bake it, and serve it as other Tarts.

128. *To make a Codling-Tart.*

Take green Apples from the Tree, and coddle them in scalding water, without breaking, then peel the thin skin from them, and so divide them into halves, and cut out the cores, and so lay them into the coffin, and do as in a Pippin-Tart, and before you cover it when the Sugar is cast in sprinkle good store of Rose-water on it, then close it, and do as in the Pippin-Tarts.

129. *To make a Pippin-tart.*

Take of the fairest Pippins, and pare them, and then divide them just in halves, and take out the cores clean; then roul the coffin flat, and raise a small verge of an inch or more high; lay the Pippins with the Hollow side downward, close one another, then put in a few Cloves, a stick of cinamon broken, and a little piece of butter, cover all clean over with sugar, and so cover the coffin, and bake it as other Tarts; when it is baked, boyl some Butter and Rose-water together, and anoint the Lid all over with it, and then scrape, or strew on it good store of Sugar, and so set it in the Oven again, and then serve it up.

130. *To make a Cherry-tart.*

Take the fairest Cherries you can get, and pick them clean from Leaves and stalks, then spread out your coffin as for your Pippin-tart, and cover the bottom with Sugar, then cover the Sugar all over with Cherries, then cover these Cherries with Sugar, some sticks of Cinamon, and a few Cloves; then lay in more Cherries, Sugar, Cinamon and Cloves,

Cloves, till the coffin be filled up, then cover it and bake it in all points as the Codling, and Pippin Tarts, and so serve it. In the same manner you may make Tarts of Gooseberries, Strawberries, Rasberries, Bilberries, or any other Berry whatsoever.

131. *To make a Mince-Pye*

Take a Leg of Mutton ; or a neats-Tongue, and parboyl it well, the Mutton being cut from the bone, then put to it three pound of the best Mutton-Suet shred very small ; then spread it abroad, and season it with Salt, Cloves and Mace, then put in good store of Currans, great Raisins and Pruans clean washed and picked, a few Dates sliced, and some Orange-peels sliced : then being all well mixt together, put it into a Coffin, or many coffins, and so bake them, and when they are served up open the Lids, and strew store of Sugar on the Top of the Meat, and upon the Lid.

132. *To make a Calves-Foot-Pye.*

Boyl your Calves-Feet very well, and then pick all the meat from the bones, when it is cold shred it as small as you can ; and season it with Cloves and mace, and put in good store of Currans, Raisins and Pruans, then put it into the coffin with good store of sweet butter, then break in whole sticks of Cinamon, and a Nutmeg sliced, and season it with Salt, then close up the coffin, and only leave a vent-hole, put in some Liquor made of Verjuice, Sugar, Cinamon, and butter boyled together, and serve it.

133. *To make a Tansie.*

Take a certain number of Eggs, according to the bigne's of your Frying-pan, and break them into a Dish, taking away the white of every third Egg,

then with a spoon take away the little white Chick-en-knots that stick upon the yolks, then with a little cream beat them very well together, then take of green Wheat blades, Violet leaves, Strawberry leaves ; Spinage and Succory, of each a like quantity, and a few Walnut-Tree-buds ; chop and beat all these very well, and then strain out the juice ; mix it then with a little more cream, put to it the Eggs, and stir all well together ; then put in a few crumbs of fine grated bread, Cinamon, Nutmeg and Salt, then put some sweet butter into a Frying-pan, and as soon as it is melted put in the Tansey, and fry it brown without burning, and with a dish turn it in the pan as occasion shall serve, strew good store of Sugar on it, and serve it up.

134. *To stew a Pike.*

After your Pike is drest and opened in the back, and laid flat, as if it were to Fry, then lay it in a large Dish, put to it White-wine to cover it, set it on the coals, and let it boyl gently, if scum arise, take it off, then put to it Currans, Sugar, Cinamon, Barberries, as many Pruans as will Garnish the Dish, then cover it close with another Dish, and let it stew till the Fruit be soft, and the Pike enough, then put to it a good piece of sweet butter ; with your Scummer take up the fish, and lay it in a dish with sippets, then take a couple of Yolks of Eggs only, and beat them together well with a spoonful of cream and as soon as the pike is taken out, put it into the broth, and stir it exceedingly to keep it from curdling, then pour the broth upon the Pike, and trim the sides of the Dish with sugar, Pruans, and Barberries, with slices of Oranges and Lemons, and so serve it up.

135. *To Roast Venison.*

If you will Roast any Venison, after you have washed it, and cleansed all the blood from it, you must stick it with cloves all over on the out-side, and if it be lean lard it either with Mutton or Pork-lard, but Mutton is best, then spit it, and Roast it by a soaking Fire, then take Vinegar, crumbs of Bread, and some of the Gravy that comes from the Venison, and boyl them well in a Dish, then season it with Sugar, Cinamon, Ginger and Salt, and serve the Venison upon the sauce when Roasted enough.

136. *To Roast a piece of fresh Surgeon.*

Stop your Surgeon with Cloves, then spit it, and let it Roast very leasurely, basting it continually, which will take away the hardness; when it is enough, serve it upon the Venison sauce; with salt only thrown upon it.

137. *To boyl a Gurnet or Roach.*

First draw your fish, and then either split it, or Joynt it open in the back, and and truss it round; then wash it clean, and boyl it in water and Salt, with a Bunch of sweet herbs then take it up into a large Dish, and pour into it Verjuice, Nutmeg, Butter and Pepper, after it hath stewed a little; thicken it with the Yolks of Eggs, then remove it hot into another dish, and garnish it with slices of Oranges and Lemons, Barberries, Pruans and Sugar, and so serve it up.

138. *To make a Carp Pye.*

After you have drawn and wash'd and scalded a fair large Carp, season it with pepper, salt and nutmeg, and then put it into a coffin, with good store of sweet Butter, and then cast on Raisins of the Sun, the juice of Lemons, and some slices of orange-peel.

peels, and then sprinkle on a little vinegar, close it up, and bake it.

139. *To make a Chicken pye.*

After you have Trust your Chickens, then break their Legs and Breast-bones, and raise your crust of the best Paste, lay them in a coffin, close together, with their Bodies full of Butter, and then lay upon them, and underneath them, currans, great Raisins, Pruans, cinamon, Sugar, whole Mace and Sugar, whole Mace and Salt, then cover all with good store of butter, and so bake it; then pour into it white-wine, rose-water, sugar, cinamon, and vinegar mixt together, with the Yolks of two or three Eggs beaten amongst it, and so serve it.

140. *To make Almond-water.*

Take blanched Almonds beaten in a Mortar very small, putting in now and then 1 spoonful of cream to keep them from oyling: then boyl as much cream as you please with your beaten Almonds, together with a blade of Mace, and season it with Sugar, then strain it, and stir it till it be almost cold, and then let it stand till you serve it, and then Garnish your dish with fine sugar scraped thereon.

141. *To make an Almond Pudding.*

Take two pound of blanched Almonds, and beat them small, put thereto some Rose-water and Amber-greese often thereinto as you beat them, then season it with Nutmeg and sugar, and mix them with grated bread, beef-suet, and two Eggs, and so put it into a dish, tying a cloth round about and boyl it.

142. *To make Water-gruel.*

Take a pottle of water, a handful of great Oat-meal pickt and beat in a Mortar, put it in boyling, when it is half enough, put to it two handfuls of currans



currans washed, a Faggot or two of sweet Herbs; four or five blades of large Mace, and a little sliced Nutmeg, let a grain of Musk be infused a while in it, when it is enough season it with Sugar and rose water, and put to it a little drawn butter.

143. *To Stew Sausages.*

Boyl them a little in fair water and salt, and for sauce boyl some Currans alone, when they be almost tender, pour out the water from them, and put to them a little white-wine, Butter and Sugar and so serve it.

144. *To make a Rare Fricacie.*

Take young Rabbits, young Chickens, or a rack of Lamb, being cut one rib from another, and par-boyl either of these well in a Frying-pan with a little water and salt, then pour the water and salt from it, and fry it with sweet Butter, and make sauce with three yolks of Eggs beaten well, with six spoonfuls of Verjuice, and a little shred Parsley, with some sliced Nutmeg, and scalded Gooseberries, when it is fryed pour in the sauce all over the Meat, and so let it thicken a little in the Pan; then lay it in a dish with the sauce and serve it.

145. *To make an Oatmeal-Pudding.*

Take a pint of Milk, and put to it a pint of large Oatmeal, let it stand on the Fire till it be scalding hot, then let it stand by and soak about half an hour, then pick a few sweet Herbs and shred them, and put in half a pound of Currans, and half a pound of Suet, and about two spoonfuls of Sugar, and three or four Eggs; these put into a bag and boyled, do make a very good Pudding.

146. *To make an Almond-Tart.*

Raise an excellent good Paste with six corners an  
inch

inch deep, then take some blanch'd Almonds finely beaten with Rose-water, take a pound Sugar to a pound of Almonds, some grated Nutmeg a little Cream, with strain'd Spinage, as much will colour the Almonds green, so bake it with gentle heat in an Oven not shutting the door, dry it, and stick it with a candied Orange, Citron, and put in red and white Muscadine.

147. *To boyl Pigeons with Rice.*

Boyl your Pidgeons in Mutton-broath, putting sweet herbs in their bellies, then take a little Rice and boyl it in Cream with a little whole Mace season it with Sugar, lay it thick on their bread wringing also the juice of a Lemon upon them, and so serve them.

148. *To Barrel up Oysters.*

Open your Oysters, take the Liquor from them and mix it with a reasonable quantity of the best White-wine-vinegar, with a little Salt and Pepper then put the Oysters into a small Barrell, and fill them up with this Pickle, and this will keep them six months sweet and good, and with their natural taste.

149. *To make a Cowslip-Tart.*

Take the blossoms of a gallon of Cowslips, mix them exceeding small, and beat them in a Mortar put to them a handful or two of grated Naples-bisket, and about a pint and a half of Cream, boil them a little on the Fire, then take them off, and beat in 8 Eggs with a little Cream, if it do not thicken, put it on the Fire till it doth gently, but take heed it curdles not, season it with Sugar, Rose-water, and a little Salt : Bake it in a dozen or little open Tarts; it is best to let your Cream

be cold before you stir in the Eggs.

150. *To bake a Calves-head to be eaten cold.*

You must half boyl a fair Calves-head, then take out all the bones on both sides, and season it with the aforesaid Seasoning, and Lard it with Bacon, and a little Lemon-peel; then having a Coffin large enough, not very high nor thick, but make it four-square, lay on some sheets of Lard on the top and Butter, when it is bak'd and cold, fill it with clarified Butter.

151. *To make Pear-Puddings.*

Take a cold Capon, or half-roasted, which is much better, then take suet shred very small, the Meat and Suet together, with half as much grated Bread, two spoonfuls of Flower, Nutmegs, Cloves, and Mace, Sugar as much as you please, half a pound of Currans, the Yolks of two Eggs, and the white of one, and as much Cream as will make it up into a stiff Paste: Then make it up in Fashion of a Pear, a stick of Cinamon for the stalk, and the head of a Clove.

152. *To make a Hotch-Pot.*

Take a piece of Brisket of Beef, a piece of Mutton, a knuckle of Veal, a good Cullender of Pot-herbs, half minced Carrots, Onions, and Cabbage, a little broken, boyl all these together until they be very thick.

153. *To make a Tart of Medlars.*

Take Medlars that are rotten, then scrape them and set him upon a Chafing-dish of Coals, season them with the Yolks of Eggs, Sugar, Cinamon and Ginger; let it boyl well, and lay it on paste, scrape on Sugar, and serve it.

154. *To*

154. *To make a Lemon-Caudle.*

Take a pint of white-wine, and 2 pints of water, and let it boyl, put to it half a Manchet cut as thin and small as you can, put it in with some large Mace, then beat the yolks of two Eggs to thicken it, then squeeze in the juice of half a dozen of Lemons, and season it with Sugar and Rose-water.

155. *To make an Italian Pudding.*

Take fine Manchet, and cut it in small pieces like Dice, then put to it half a pound of Beef-suet minced small, Raisins of the Sun, Cloves, Mace, Dates minced, Sugar, Marrow, Rose-water, Eggs and Cream, mingle all these together, put them in a butter'd Dish, in less then an hour it will be well baked, when it is enough, scrape on Sugar and serve it up.

156. *To make a Gooseberry-Custard.*

When you have cut off the sticks and eyes of your Gooseberries, and wash'd them, then boyl them in water till they will break in a Spoon, then straine them, and beat half a dozen Eggs, and stir them together upon a Chafing-dish of Coals with Rose-water, then sweeten it well with Sugar, and always serve it cold.

157. *To make a Fricacie of Rabbits.*

Cut your Rabbits in small pieces, and mince a handful of Thyme, and Parsley together, and season your Rabbits with a Nutmeg, Pepper, and Salt; then take two Eggs and Verjuice beaten together, then throw it in the Pan, stick it, and dresse it up in Sippets.

158. *To*

159. *To make Cracknels.*

Take 5 or 6 pints of the finest Wheat-flower you can get, to which put in a Spoonful, and not more of good Yeast, ; then mingle it well with Butter, Cream and Rose-water, and Sugar finely beaten and working it well into Paste, make it into what form you please, and bake it.

160. *To make Pan-cakes.*

Put eight Eggs to two quarts of Flower, casting by four whites, season it with Cinamon, Nutmeg, Ginger, Cloves, Mace, and Salt, then make it up into a strong Batter with Milk, beat it well together, and put in half a pint of Sack, make it so thin that it may run in your Pan how you please, put your pan on the Fire with a little Butter, or Suet, when it is very hot, take a Cloth and wipe it out, so make your Pan very clean, then put in your Batter, and run it very thin, supply it with little bits of Butter, and so toss it often, and bake it Crisp and brown.

161. *To make a Junket.*

Take Ewes, or Goats-Milk, or for want of these Cows-Milk; and put it over the Fire to warm, then put in a little Runnet, then pour it out into a dish, and let it cool, then strew on some Cinamon and Sugar, and take some of your Cream and lay on it, scrape on Sugar and serve it.

162. *To make Excellent Marrow-Spinage-Pasties.*

Take Spinage and chop it a little, then boyl it till it be render, then make the best rich light crust you can, and roul it out, and put a little of your Spinage into it, and Currans, and Sugar, and store of lumps of Marrow ; clap the Paste over this to make

make little Pasties deep within, and fry them with Clarified Butter.

163. *To make a Pine-Apple-Tart.*

Beat two handfuls of Pine-Apples with a prick'd Quince, and the pulp of two or three Pippins when they are well beaten, put to them half a pint of Cream, a little Rose-water, the yolks of six Eggs with a handful of Sugar, if it be thick, add a little more Cream to it, so having your thin low coffins for it dried, fill them up, and bake them; you may garnish them with Orangado, or Lozenges of Sugar-plate, or what else you please.

164. *To dry Neats-Tongues.*

Take Bay-Salt beaten very fine, and Salt-Peter, of each alike, and rub over your Tongues very well with that, and cover all over with it, and as it wasts, put on more, and when they are very hard and stiff they are enough, then roul them in bran, and dry them before a soft Fire, and before you boyl them, let them lye one night in Pump-water, and boyl them in the same water.

165. *To stew Birds the Lady Butlers way.*

Take small Birds, pick them, and cut off their Legs, fry them in sweet Butter, lay them in a cloth to dry up the Butter, then take Oysters and mince them, and put them in a dish, put to them white-wine and Cinamon, put in the Birds, with Cloves, Mace, and Pepper; let all these stew together covered till they be enough, then put into it some Sugar, and some toasted Manchet, and put it in the Dish, and so serve it up to the Table.

166. *To make a sweet-Pye with Lamb-stones, and Sweet-Breads and Sugar.*

Slit the Lamb-stones in the middle, and skin them  
wash



hem with wash the Sweet-breads both of Veal and Lamb, and wipe them very dry; take the Lamb's Liver, and shred it very small, take the Udder of a Leg of Veal and slice it, season all with a little Salt, Nutmeg, Mace and Cloves beaten, and some whole Pepper, then shred two' or three Pippins, and Candied Lemon and Orange-Peel, half a dozen Dates sliced, with Currans, white Sugar, a few Caraway seeds, a quarter of a pint of Verjuice, and as much Rose-water, a couple of Eggs, roul up all these together with the juice of Spinage, and lay a Pudding, then a sweet-bread, then a Lamb-stone, till you have filled up the Pye, and cover them with Dates, and sliced Citron and Lemon. When it is drawn, take two or three yolks of Eggs, beat them, and put to them a little fresh Butter, White-wine and Sugar, and pour it into the Tunnel, scrape some Loaf-Sugar, upon the Lid, and so serve it.

167. *To roast Eels.*

When they are flea'd, cut them to pieces, about three or four Inches long, dry them, and put them into a dish, mince a little Thyme, two Onions, a piece of Lemon peel, a little Pepper beaten small, Nutmeg, Mace, and Salt, when it is cut exceeding small, strew it on the Eels, with the Yolks of two or three Eggs, then having a small Spit, or else a couple of square sticks made for that purpose, spit through the Eels cross-ways, and put a bay-leaf between every piece of Eel, and tying the sticks on a spit, let them Roast; you need not turn them constantly, but let them stand till they hiss, or are brown, and so do them on the other side, and put the Dish (in which the Eel was with the Seasoning) underneath to save the Gravy, baste it over with sweet

sweet Butter. The Sauce must be a little Claret wine, some minced Oysters with their Liquor, a grated Nutmeg, and an Onion, with sweet Butter and so serve it.

168. *To boyl Cocks or Larks.*

Boyl them with the Guts in them in strong broath, or fair water, and three or four whole Onions, large Mace and salt, the Cocks being boyled make sauce vwith some thin slices of Manchet, or grated bread in another pipkin, and some of the broath vwhere the Fowl or the Cocks boyl, then put to it some butter, and the Guts and Liver minced, then take some yolks of Eggs dissolved vwith Vinegar, and some grated Nutmeg, put it to the other ingredients, stir them together, and Dish the Fowl in fine sippets, pour on the sauce with some sliced Lemon, Grapes or Parberries, and run it over with beaten butter.

169. *To broyl Oysters.*

Take the biggest Oysters you can get, then take a little minced Thyme, grated nutmeg, grated bread, and a little salt, put this to the Oysters, then get some of the largest bottom-shells, and place them on the Grid-Iron, and put two or three Oysters in each shell, then put some butter to them, and let them simmer on the fire till the Liquor bubbles low, supplying it still with butter, when they are crisp, feed them with White-wine, and a little of their own Liquor, with a little grated bread, Nutmeg, and minced Thyme, put as much only as to relish it, so let it boyl up again, then add some drawn butter to thicken them, and Dish them.

170. *To pickle Oysters.*

Take a quart of the largest great Oysters, with  
all

all their Liquor, wash them clean, and wipe them, add to them a pint of fair water ; and half a pint of White-wine Vinegar, half an ounce of whole Pepper, an handful of salt, a quarter of an Ounce of large Mace, with the Liquor of the Oysters strained ; put all together in a Pipkin over a soft fire, let them simmer together a quarter of an hour ; when the Oysters are enough take them up, and put them into a little fair water and Vinegar, till they be cold ; let the Pickle boyl a quarter of an hour after the Oysters are taken up, both being cold, put them up together : When you use them, Garnish the Dish with Barberries and Lemon, and a little of the Mace and Pepper, and pour in some of the Pickle.

171. *To make English Pottage.*

Make it with Beef, Mutton, and Veal, putting in some Oatmeal, and good Pot-herbs, as Parsley, Sorrel, Violet-leaves, and a very little Thyme add sweet Marjoram, scarce to be tasted, and some Mary-gold-leaves at last ; you may begin to boyl it over Night, and let it stand warm all night, and make an end of boyling it next morning, it is good to put into the Pot at first twenty or thirty corns of whole Pepper.

172. *To stew Beef.*

Take very good Beef and slice it very thin, beat it with the back of a knife, put to it the Gravy of some Meat, and some Wine, and strong broth, sweet Herbs a quantity ; let it stevv till it be very tender, season it to your liking, and garnish your Dish vvith mary-gold Flowvers, or barberries.

173 *To*

137. *To make excellent Minc'd-Pyes.*

Parboyl Neats-Tongues, then peel and halh the with as much as they weigh of Beef-suet and stone Raisins, and pickt Currans ; chop all exceeding small, that it be like Pap ; employ therein at least an hour more than ordnarily is used, then ming a very little Sugar with them, and a little Wine and thrust it up and down, some thin slices of green Candyed Citron-peel, and put this into Coffins of fine light, well reared crust ; half an hours baking will be enough : If you stew a few Caraway-Comfits on the top it will not be amiss.

174. *To pickle Roast Beef, Chine, or Surloin.*

Stuff any of the aforesaid Beef with Penny-royal or other sweet Herbs, or Parsley, minced small, and some Salt, prick in here and there a few whole cloves, and Roast it ; then take Claret-wine, Wine-Vinegar, whole Pepper, Rosemary, Bays, and Thyme bound up close in a bundle and boyled in some Claret-wine, and Wine-Vinegar ; make the pickle and put some Salt to it, and pack it up in a barrel that will but just hold it, put the pickle to it, close it on the Head, and keep it for your use.

175. *To make a double Tart..*

Peel Codlings tenderly boyled, cut them in halves and fill your Tart ; put into it a quarter of an hundred of Codlings, a pound and half of sugar, a few Cloves, and a little Cinamon, close up the Coffin and bake it. When it comes out, cut off the lid and having a lid cut in flowers ready, lay it on another. Garnish it with Preserves of Damsons, Raspberries, Apricots and Cherries, and place a preserved Quince in the middle, and strew it with Sugar-biskets.

176. *To make a Warden or Pear-Pye.*

Bak

Bake your Wardens, or Pears in an Oven with a little water, and a good quantity of Sugar, let your pot be covered with a piece of Dough, let them not be fully baked for a quarter of an hour, when they are cold make a high Coffin, and put them in whole, adding to them some Cloves, whole Cinamon, Sugar, with some of the Liquor they were baked in, to bake it.

*177. To bake a Pig Court-Fashion.*

Flea a small young Pig, cut it in quarters, or in smaller pieces, and season it with Pepper, Ginger and Salt, lay it into a fit coffin, strip and mince small a hundfull of Parsley, six sprigs of Winter-favoury, strew it on the Meat in the pye, and strew upon that the yolks of 3 or 4 hard Eggs minced, and lay upon them 5 or 6 blades of Mace, a handful of Clusters of Barberries, a handful of currans well washt and pickt, a little Sugar, half a pound of sweet butter, or more; close your pye, and set it in an Oven as hot as for Manchet, and in 3 hours it will be well baked, draw it forth, and put in half a pound of Sugar, being warmed upon the Fire, pour it all over the Meat, and put on the pye-lid again, scrape on Sugar, and serve it hot to the Table.

*178. To make a Pudding of Hogs Liver.*

Boyl your Liver, and grate it, put to it more grated bread then Liver, with as much fine flower of either, put 12 Eggs to the value of a Gallon of this mixture, with about 2 pound of Beef-suet minced small, and a pound and half of Currans, half a quarter of a pint of Rose-water, a good quantity of Cloves and Mace, Nutmeg, Cinamon and Ginger, all minced very small, mix all these with sweet Milk and Cream, and let it be no thicker then Fritter-batter,

batter, to fill your Hogs-guts, you make it with the Maw, fit to be eaten hot at the Table; in your knitting or tying the Guts, you must remember to give them three or four Inches scope; In your putting them into boyling water, you must handle them round to bring the meat equal to all parts of the Gut; they will ask about half an hours boyling, the boyling must be sober, if the Wind rise in them, you must be ready to prick them, or else they will flye and burst in pieces.

179. *Olives of Beef Stewed and Roasted.*

Take a Buttock of Beef, and cut some of it into thin slices as broad as your hand, then hack them with the back of a knife, Lard them with small Lard, and season them with Pepper, Salt, and Nutmeg; then make a farcing with some sweet herbs Thyme, Onions, the yolks of hard Eggs, Beef-suet or Lard, all minced, some Salt, Barberries, Grape or Gooseberies; season it with the former Spice lightly, and work it up together, then lay it on the slices, roul them up round, with some Caul of Veal, Beef, or Mutton, bake them in a dish in the Oven, or Roast them; then put them in a Pipkin with some Butter and Saffron, or none; blow off the Fat from the Gravy, and put it to them, with some Artichokes, Potatoes, Skirrets blanched, being first boyled, a little Claret-wine, and serve them on sippets, with some sliced Orange, Lemon, Barberries, Capers or Gooseberies.

180. *To make French-barley Posset.*

Put two quarts of Milk to half a pound of French Barley, boyl it small till it is enough; when the Milk is almost boyled away, put to it three pints of good Cream, let it boyl together a quarter of an hour;



hour; then sweeten it, and put in Mace and Cinamon in the beginning when you first put in your Cream, when you have done so, take White-wine a pint, Sack and White-wine together of each half a pint, sweeten it as you love it with Sugar, pour in all the Cream, but leave your Barley behind in the skillet; this will make an excellent posset nothing else but a tender curd to the bottom; let it stand on the coals half a quarter of an hour.

181. *To bake Chucks of Veal.*

Parboyl two pound of lean flesh of a Leg of Veal, mince it as small as grated bread, with four pound of Beef suet: then season it with bisket, Dates and Carrawayes, and some Rose-water, sugar, Raisins of the sun, and Currans, cloves, mace, nut negs; and Cinamon, mingle them altogether, fill your pyes, and bake them.

182. *How to stew a Mallard.*

Roast your Mallard half enough, then take it up and cut it in little pieces, then put it into a Dish with the Gravy, and a piece of fresh butter, and a handful of parsley chopt small, with 2 or 3 Onions, and a Cabbage-lettuce, let them stew one hour, then season it with pepper and salt, and a little Verjuice, and so serve it,

183. *To stew a Rabbit.*

Half Roast it, then take it off the Spit and cut it into little pieces, and then put it into a Dish with the Gravy, and as much Liquor as will cover it, then put in a piece of butter, and some poulder and Ginger, pepper and salt, two or three pippins minced small, let these stew an hour, and dish them upon sippets, and serve it.

184. *To make a Pidgeon Pye.*

Truss your Pidgeons to bake, and set them, and Lard the one half of them with Bacon, mince a few sweet herbs and parsley with a little Beef-suet the Yolks of hard Eggs, and an Onion or two season with Salt, beaten pepper, Cloves, Mace, and Nutmeg, work it up with a piece of butter and stuff the bellies of the Pidgeons, season them with Salt and Pepper as before: Take also as many Lambstones seasoned as before, with six Collops of Bacon, the Salt drawn out, then make a round Coffin and put in your Pidgeons, and if you will put in Lambstones and Sweetbreads, and some Artichoke bottoms, or other dry Meat to soak up the Juice, because the pye will be very sweet and full of it; then put a little White-wine beaten up with the yolk of an egg, when it comes out of the Oven, and serve it.

185. *To stew a Fillet of Beef the Italian Fashion*

Take a young tender Fillet of Beef, and take away all the skins and sinews clean from it, put to it some good White-wine in a bowl, wash it and crush it well in the Wine, then strew upon it a little pepper, and as much Salt as will season it; mingle them very well, and put to it as much Wine as will cover it, lay a Trencher upon it to keep it down in a close pan with a weight on it, and let it steep three Nights and a Day, then take it out, and put it in to a pipkin with some good Beef-broth, put none of the Pickle to it, put only Beef-broth, and that sweet, and not salt, cover it close, and set it on the Embers, then put to it a few whole Cloves and Mace, and let it stew till it be enough, it will be very tender, and of an excellent Taste: Serve it with the same broth as much as will cover it.

186. *To boyl a Capon or Chicken with composition.*

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You must take off the skin whole, but leave on the Legs, Wings and Head & mince the body with some Beef-suet, or Lard, put to it some sweet herbs minced, and season it with Cloves, Mace, Pepper, Salt, 2 or 3 Eggs, Grapes, Gooseberries, or Barberries, bits of Potato or Mush-romes; in the Winter, with Sugar, Currans and Pruans: Fill the skin, prick it up, and stew it between two Dishes, with large Mace, and strong broth, pieces of A'rtichokes, Cardones, or Asparagus and Marrow, being finely stewed, serve it on carved sippets, and run it over with beaten butter, Lemon sliced, and scrape on Sugar.

187. *To boyl a Leg of Pork.*

Cut your pork into slices very thin, having first taken off the skinny part of the Fillet, then hack it with the back of your Knife, then mince some Thyme and Sage exceeding small, and mingle it with Pepper and Salt, and therewith season your Collops; and then lay them on the Grid-Iron; when they are enough, make sauce for them with Butter, Vinegar, Mustard, and Sugar, and so serve them.

188. *To make a Fricacie of Patridges.*

After you have Trussed your Patridges, Roast them till they are almost enough, and then cut them to pieces, then having chopped an Onion very small, fry them therewith; then put to them half a pint of Gravy, 2 or 3 Anchovies, a little bread grate, some drawn butter, and the Yolks of 2 or 3 Eggs beaten up with a little White-wine, let them boyl till they come to be pretty thick, and dish them up.

189. *To bake Calves-Fest.*

You must season them with pepper, Salt and currans,

rans, and then bake them in a pye, when they are baked, take the yolks of 3 or 4 Eggs, and beat them with Verjuice, or Vinegar, Sugar, and grated Nutmeg; put it into your pye, then scrape on Sugar and so serve it.

*190. To fry Neats-tongues.*

First boyl them, and after blanch them, and then cut them into thin slices; season them with Nutmegs Sugar, Cinamon, put to them the Yolks of raw eggs; and a Lemon cut into little square pieces, then fry them in spoonfuls with sweet butter; make your Sauce with White-wine, Sugar and butter; heat it hot, and pour on your tongues, scrape sugar on it, and serve it.

*191. To roast a Hare.*

When you Case your Hare, do not cut off his hinder Legs or Ears, but hack one Leg through another, and so also cut a hole through one Ear and put it through the other, and so Roast him; make your Sauce with the Liver of the Hare boyled, and minced small with a little Marjoram, Thyme and Winter-favoury, and the yolks of 3 or 4 hard eggs, with a little Bacon and Beef-suet, boyl them all up with water and Vinegar, and then grate a little Nutmeg, and put to it some sweet butter, and a little Sugar; dish your Hare, and serve it. This may also serve for Rabbits,

*162. To Roast a shoulder of Mutton with Oyster*

Parboyl your Oysters, then mince Winter-favoury, Thyme, parsley, and the yolks of five or six hard Eggs, hard boyled; add to these a half-penny loaf of grated bread, and three or four yolks of Eggs; mingle all these together with your hand when you have spitted your Mutton, make holes in

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it as big as you think convenient; put in your oysters, with the other ingredients, about 25 or 30 oysters will be enough, let it Roast indifferent long, then take the remainder of a quart of Oysters, for you must have so many in all, and put them into a deep dish with Claret-wine, 2 or 3 Onions cut in halves, and 2 or 3 Anchovies; put all this in the Dripping-pan under your Mutton, and save your Gravy, and when the Meat is enough, put your sauce upon the Coals, and put to it the yolk of an Egg beaten, grated Nutmeg, and sweet butter; Dish your Mutton, and pour in your oysters, sauce and all upon it, Garnish your dish with Lemons and Barberries.

193. *A Rare broth.*

Take a couple of Cocks, and cut off their Wings and Legs, and wash them clean, and parboyl them very well, till there rise no scum, then wash them again in fair water, then put them in a pitcher with a pint of Rhenish-wine, and some strong broth, as much as will cover them, together with a little China-Root, an ounce or 2 of Harts-horn, with a few Cloves, Nutmeg, large Mace, Ginger sliced, and whole Pepper, and a little salt; stop up your Pitcher close, that no steam may come out; boyl the Pitcher in a great pot of water about 6 hours, then pour out the broth, and strain it into a Fason, and squeeze in it the juice of 2 or 3 Lemons, so eat it.

194. *To bake sweet breads.*

Boyl your Sweetbreads, and put to them the yolks of 2 Eggs new laid, grated Bread, with some parboyled Currans, and 3 or 4 Dates minced, and when you have seasoned it lightly with Pepper, Sugar, Nutmeg and salt, put to it the juice of a Lemon; put up all these together into puff-paste, and so bake it.

195. *To make Pottage of French-Barley.*

Pick your Barley very clean from dirt and dust, then boyl some Milk, and put it in while it boyls when it is boyled, put in a little Salt, Sugar, large Mace, and a little Cream; and when you have boyl'd it pretty thick, dish it. and serve it up with Sugar scraped thereon.

196. *To boyl a Hanch of Venison.*

First stuff your Venison with a handful of sweet Herbs and Parsley minced with a little Beef-suet and some yolks of Eggs boyled hard; season your stuffing with Nutmeg, Salt and Ginger, having powdered your Hanch, boyl it; afterwards boyl up 2 or 3 Colliflowers in strong broth, adding to it a little Milk, when they are boyled, put them into a pipkin, and put to them drawn butter, keeping them warm, then boyl up 2 or 3 handfuls of Spinage in the same Liquor, when it is boyled up, pour out part of your broth, and put to it a little Vinegar, a Ladle-ful of sweet butter and a grated Nutmeg, your dish being ready with sippets on the bottom, put the Spinage round the sides of your Dish when your Venison is boyled take it up, and put it in the middle of the dish, lay your Colliflowers over it, pour on sweet butter over that, Garnish it with Barberries, and some parsley minced round the Trims of the dish.

197. *To make a Florentine of Sweet-breads or Kidney.*

Take 3 or 4 Kidneys, or Sweet-breads, and when they are parboyled, mince them small; season it with a little Cinamon and Nutmeg, sweeten it with sugar and a little grated bread, with the Marrow of 2 or 3 Marrow-bones in good big pieces, add to these about a quarter of a pound of Almond-paste

an



and about half a pint of *Malaga Sack*, 2 spoonfuls of *Rose-water*, and *Musk* and *Ambergreece*, of each a grain, with a quarter of a pint of *Cream*, and 3 or 4 Eggs, mix altogether, and make it up in puff paste, then bake it; in 3 quarters of an hour it will be enough.

198. *To stew a Rump of Beef.*

Season your Beef with some Nutmeg grated, together with some Salt and Pepper, season it on the bony side, and lay it in the pipkin with the Fat side downward, then take 2 or 3 great Onions, and a bunch of *Rosemary* tyed up together with 3 pints of *Elder-Vinegar*, and 3 pints of *Water*, stew all these 3 or 4 hours together in a pipkin close covered over a soft fire; Dish it upon sippets, blowing off the Fat from the Gravy, put some of the Gravy to the Beef, and serve it up.

199. *To make Pottage of a Capon.*

Take Beef and Mutton, and cut it in pieces; then boyl a large earthen pot of *Water*, take out half the water, put in your Meat and skim it, and when it boyls season it with Pepper and Salt; when it hath boyled about 2 hours, and 4 or 5 Cloves, half an hour before you think it is enough put in your Herbs, *Sorrel*, *Purslain*, *Purrage*, *Lettuce* and *Bugloss*, or green Pease, and in the Winter, *Parsley-roots*, and white *Endive*, pour the broth upon light bread toasted, and stew it a while in the dish covered. If your water consume in boyling, fill it up with water boyling hot. The less there is of the broth the better it is, though it be but a porringer-full, for then it would be as stiff as Jelly when cold.

200. *To make a Pye with Pippins.*

Pare your Pippins, and cut out the cores, then make

make your Coffin of crust, take a good handful of Quinces sliced, and lay at the bottom, then lay your Pippins a top, and fill the holes where the Core was taken out with Syrup of Quinces, and put into every Pippin, a piece of Orangado, then pour on the top Syrup of Quinces, then put in Sugar, and so close it up, let it be very well baked for it will ask much soaking, especially the Quinces.

201. *To boyl Pidgeons the Dutch way.*

Lard and set your Pidgeons, put them into a Pipkin, with some strong broth made of Knuckles of Veal, Mutton and Beef, let them be close covered, and when they are scum'd, put in a Faggot of sweet herbs, a handful of Capers, and a little large Mace, with a few Raisins of the Sun minced very small, about six Dates quartered, a piece of butter with 2 or 3 yolks of hard Eggs minced, with a handful of Grapes, or Barberries, then beat 2 yolks of Eggs with Verjuice, and some White-bread, a Ladle-full of sweet butter, and a grated Nutmeg, serve it upon sippets.

202. *To make excellent Black-Puddings.*

Beat half a score Eggs, the Yolks and Whites together very well; then take about a quart of Sheeps-blood, and as much Cream, when you have stirred all this well together, thicken it with grated bread Oatmeal finely beaten, of each a like quantity, add to these some Marrow in little lumps, and a little Beef-suet shred small, season it with Nutmeg, Cloves, Mace, mingled with salt, a little sweet Marjoram, Thyme, and Penny-royal shred very well together; mingle all together, put to them a little Currans, cleanse your Guts very well, fill them, and boyl them carefully.

203. *To*

203. *To make a Pye of Neats-tongues.*

Parboyl a couple of Neats-Tongues, then cut out the Meat at the Root-end as far as you can, not breaking it out at the sides, take the meat you cut out, and mingle it with a little suet, a little Parsley, and a few sweet herbs, cut all very small, and mingled together, season all this with Ginger, Cloves, Mace; Pepper, Salt, and a little grated bread, and as much Sugar, together with the yolks of 3 or four Eggs; make this up together, and season your Tongues, inside, and out-side, with your seasoning afore said, and wash them within with the yolk of an egg, and force them where you cut forth the meat, and what remains make into a forc'd; then make your paste into the Fashion of a Neats-Tongue, and lay them in with Puddings, and little balls, then put to them Lemon and Dates shred, and butter on the top, and close it, when it is baked, put in a leare of the Venison-sauce, which is Claret-wine vinegar, grated bread, Cinamon, Ginger, Sugar, boyl it up thick, that it may run like butter, and let it be sharp and sweet, and so serve it.

204. *To Stew a Breast or Loyn of Mutton.*

Joynt either your Loyn or Breast of Mutton well; draw it and stuff it with Herbs and Parsley minced; then put it in a deep stewing-dish with the right side downward, put to it so much White-wine and strong broth, as will stew it, set it on the Coals, put to it two or three Onions, a bundle of sweet Herbs, and a little large Mace, when it is almost stewed, take a handful of Spinage, Parsley, and Endive, and put into it, or else some Gooseberries and Grapes, in the Winter-time Samphire and Capers, add these at any time; dish up your

Mutton; and put by the Liquor you do not use, and thicken the other with yolks of Eggs and sweet Butter, put on the Sauce and the Herbs over the Meat; Garnish your Dish with Lemon and Barberries.

205. *To make a Sallet of green Pease.*

Cut up as many green Pease as you think will make a Sallet, when they are newly come up, about half a foot high; then set your Liquor over the Fire, and let it boyl, and then put them in when they are boyled tender put them out and drain them very well; then mince them, and put in some good sweet Butter, Salt it, and stir it well together, and so serve it.

206. *To make a Salet of Fennel.*

Cut your Fennel while it is young, and about 4 fingers high, tye it up in bunches like Asparagus gather enough for your Sallet, and put it in when your water is boyling hot, boyl it soft, drain it, dish it up with butter as the green Pease.

207. *To make a Tansie of Spinage.*

Take a quart of Cream, and about twenty Eggs without the Whites, add to it Sugar, and grated Nutmeg, and colour it green with the juice of Spinage, then put in your Dish, and squeeze a Lemon or two on it; Garnish it with slices of Orange then strew on Sugar, and so serve it.

208. *To make a hash of Ducks.*

When your Ducks are roasted, take all the flesh from the bones, and hash it it very thin, then put it into your stewing-pan with a little Gravy, strong broath and Claret-wine, put to it an Onion or two minced very small, and a little small Pepper, let all this boyl together with a little Salt, then put to them

them about a pound of Sausages, when you think they are ready, stir them with a little butter drawn. Garnish it with Lemon, and serve it.

209. *To make French Puffs with green Herbs.*

Take a quantity of Endive, Parsley, and Spinage, and a little Winter-savoury, and when you have minced them exceeding small, season them with Sugar, Ginger, and Nutmeg; beat as many Eggs as you think will wet your Herbs, and so make it up; then pare a Lemon and cut in thin slices, and to every slice of Lemon, put a slice of your prepared stuff, then fry it in sweet butter, and serve them in lippets, after you have put to them either a glass of Canary, or White wine.

210. *To make excellent stewed broth.*

Take a leg of Beef, boyl it well, and scum it clear, then take your bread and slice it, and lay it to soak in your broth, then run it through a strainer, and put as much into your Broath as will thicken it; when it hath boyled a pretty while, put in your Pruans, Raisins and Currans, with Cinamon, Cloves and Mace beaten; when your Pruans are boyled, take them up, and run them also through a strainer as you did the bread, then put in half a pint of Claret, then let it boyl very well, and when it is ready, put to it Rose-water and Sugar, and so serve it.

211. *To stew a dish of Breems.*

Take your Breems and dress them and dry them well, and Salt them; then make a Charcoal fire, and lay them on the Grid-iron over the fire being very hot; let them be indifferent brown on both sides, then put a Glass of Claret into a pewter dish and set it over the fire to boyl, put into it two or three

three Anchovies, as many Onions, and about half a pint of Gravy, a pint of Oysters, with a little Thyme minced small, when it hath boyled a while put to it a little melted Butter and Nutmeg: Then dish your Bream, and pour all this upon it, and then set it again on the fire, putting some yolks of Eggs over it.

212. *To boyl a Mullet.*

Having scalded your Mullet, you must save their Livers and Roes, then put them in water boyling hot, put to them a Glass of Claret, a bundle of sweet Herbs, with a little Salt and Vinegar, two or three whole Onions, and a Lemon sliced, then take some whole Nutmegs and quarter them, and some large, Mace, and some butter drawn with Claret, wherein dissolve two or three Anchovies; dish up your Fish, and put on your sauce, being first seasoned with Salt. Garnish your dishes with fryed Oysters and Bay-leaves; and thus you may season your Liquor for boyling most other fish.

213. *To Farce, or stuff a fillet of Veal.*

Take a large leg of Veal, and cut off a couple of Fillets from it, then mince a handful of sweet Herbs and Parsley, and the yolks of two or three hard Eggs, let all these be minced very small, then season it with a couple of grated Nutmegs, and a little Salt, and so Farce or stuff your Veal with it, then lard it with Bacon and Thyme very well, then let it be Roasted, and when it is almost enough, take some of your stuffing about a handful, and as many Currans, and put these to a little strong broth, a glass of Claret, and a little Vinegar, a little Sugar, and some Mace: When your Meat is almost ready, take it up and put it into this, and let it stew, put-

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ting to it a little Butter melted, put your Meat in your dish, and pour your Sauce upon it, and so serve it.

214. *To make a Pudding of Oat-meal.*

Take a quart of Milk, and boyl it in a Skillet, put to it a good handful of Oatmeal beat small, with a stick or two of Cinamon and Mace; put in this Oatmeal as much as will thicken it, before the Milk be hot, then keep it stirring, and let it boyl for about half an hour, putting into it a handful of Beef-suet minced, very small, then take it off and pour it into a dish, and let it stand to cool; if it be too thick, put to more Milk, then put in a Nutmeg grated, a handful of Sugar; with three or 4 Eggs beaten, and some Rose-water, then rub the dish within with Butter, and pour out your Pudding into it, let it be as thin as Batter let it bake half an hour, scrape sugar on it, and serve it up.

215. *To make Pudding of Rice.*

Take a good handful of Rice beaten small, and put it into about three pints of Milk, adding a little Mace and Cinamon, then boyl it, keeping it always stirring, till it grow thick, then put a piece of butter into it, and let it boyl a quarter of an hour, then pour it out to cool, then put to it half a dozen Dates minced, a little Sugar, a little beaten Cinamon, and a couple of handfuls of Currans, then beat about half a score Eggs, throwing away two or three of the whites, put in some Salt, butter the bottom of your Dish, pour in your Pudding, bake it as before, put on a little Rose-water and sugar, and serve it.

216. *To make a Florentine of Spinage.*

Take a good quantity of Spinage, to the quantity

tity of two Gallons, set your water over the Fire, and when it boyls very high, put in your Spinage, and let it remain in a little while, then put it out into a strainer, and let it drain very well, and squeeze out all the water, then take it and mince it small with a candyed Orange-peel or two, add to it about three quarters of Currans boyled also, season it with Salt, Ginger beaten, Cinamon and Nutmeg, then lay your paste thin in a Dish, and put it in, adding butter and sugar, close it up, prick it with holes, and bake it, when it is nigh baked put into it a glass of Sack, and a little melted butter and Vinegar, stir it together with your knife, scrape sugar upon it and serve it.

217. *To make a Tansey of Couflips.*

Take your Couflips or Violets and pound them in a wooden or marble Mortar, put to them about twelve Eggs, with three or four of the Whites taken out, about a pint of Cream, a quartern of white Sugar, Cinamon beaten small; Nutmeg, and about a handfal of grated Bread with a little Rose-water, then take all these together, and put them in a skillet with a little butter, and set them over the fire stirring it till it grow thick; then put your frying pan on the fire, and when it his hot, put some butter into it, and then put in your Tansey; when you think it is enough of one side, butter a Pewter Plate, and turn it therewith, when it is fried, squeeze on a Lemon, scrape on Sugar, Garnish it with Oranges quartered, and serve it.

218. *To make excelient white Puddings.*

Take the Humbles of a Hog, and boyl them very tender, then take the heart, the lights, and all the Flesh about them, picking them clean from all  
fur.

the Sinewy skins, and then chop the Meat as small as you can, then take the Liver and boyl it hard, and grate a little grated Nutmeg, Cinamon, Cloves Mace, Sugar, and a few Caraway-seeds, with the yolks of four or five Eggs, and about a pint of the best Cream, a Glas of Canary, and a little Rose-water, with a good quantity of Hogs-suet and Salt, make all into Rouls, and let it lye about an hour and half before you put it in the Guts, laying the guts a-steep in Rose-water before, boyl them, and have a care of breaking them.

219. *To stew Flounders.*

Draw your Flounders and wash them, and scotch them on the white side, being put in a dish, put to them a little White-wine, a few minced Oysters, some whole Pepper, and sliced Ginger, a few sweet Herbs, two or three Onions quartered, and Salt; put all these into your stewing-pan covered close, and let them stew as soon as you can, then dish them on sippets; then take some of the Liquor they were stewed in, put some butter to it, and the yolk of an Egg beaten, and pour it on the Flounders; garnish it with Lemon, and Ginger beaten on the brims of the Dish.

220. *To draw Butter for Sauce.*

Cut your butter into thin slices, put it into your dish, let it melt leisurely upon the Coals, being often stirred; and after it is melted, put to it a little Vinegar, or fair water, which you will, beat it up till it be thick, if it keep its colour white, it is good, but if yellow and turn'd, it is not to be used.

221. *To roast a Salmon whole.*

Draw your Salmon at the Gills, and after it is scaled, washt and dry'd, Lard it with pickled her-

ring, or a fat Eel salted; then take about a pint of Oysters par-boyled, put to these a few sweet herbs, some grated bread, about half a dozen hard Eggs, with a couple of Onions, shred all these very small, and put to it Ginger, Nutmeg, Salt, Pepper Cloves and Mace; mix these together, and put them all within the Salmon at the Gills: put them into the Oven in an Earthen Pan, born up with pieces of Wood, in the bottom of the dish, put Claret wine, and baste your Salmon very well over with butter before you put it in the Oven, when it is drawn, make your Sauce of the Liquor that is in the pan, and some of the spawn of the Salmon boyled with some melted Butter on the top, stick him about with Toasts and Bay-leaves fried, take out the Oysters from within, and Garnish the Dish therewith.

222. *To make excellent Sauce for Mutton  
either Chines, Legs or Necks.*

Take half a dozen Onions shred very small, a little strong broath, and a glass of White-wine, boyl all these well together; then take half a pint of Oysters, and mince them with a little Parsley, and two or three small Bunches of Grapes if in season, with a Nutmeg sliced, and the yolks of two or three Eggs, put in all these together with the former, and boyl it, and pour it all over your Meat, and then pour some melted butter on the top, and strew on the yolks of two or three hard Eggs minced small.

223. *Another good Sauce for Mutton.*

Take a handful of pickled Cucumbers, as many Capers, and as much Samphire, put them into a little Verjuice, White-wine; and a little strong  
broath,

broath, and a Lemon cut in small pieces, and a little Nutmeg grated ; let them boyl together, and then beat them up thick, with a ladleful of Butter melted, and a couple of Yolks of Eggs, and a little sugar, dish your Meat upon sippets, pour on your sauce, and garnish it with Samphire Capers and Barberries.

224. *To make Sauce for Turkies or Capons.*

Take a two-penny white loaf, and lay it in soak in strong broath, with Onions sliced therein, then boyl it in Gravy, together with a Lemon cut in small pieces : a little Nutmeg sliced, and some melted, put this under your Turkey or Capon, and so serve it : You will find it excellent Sauce.

225. *To Fry Salmon.*

Take a Jole, Chine or Rand, and fry it in Clarified Butter, when it is stiff and crisp fried, make Sauce thereof with a little Claret-wine, sweet Butter, grated Nutmeg, slices of Orange, and Oyster liquor, stew them altogether and pour on the Sauce, and on that Parsley, Alisaunder, and Sage-leaves fry'd in Butter.

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*Because*

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*Because many Books of this Nature have the Terms of Carving added to them, as being necessary for the more Proper Nominating of things; I have thought good also to add them: As also some Bills of Fare, both upon Ordinary and Extraordinary Occasions:*

*Terms of Carving, both Fish, Fowl, and Flesh.*

**A** Llay a Pheasant  
 Barb a Lobster.  
 Border a Pasty.  
 Break a Deer or Egript.  
 Break a Sarcel or Teal.  
 Chine a Salmon.  
 Culpon a Trout.  
 Mince that Plover.  
 Rear that Goose.  
 Sauce a Capon or Trench  
 Cut up a Turkey or Bustard.  
 Dismember that Heron.  
 Display that Crane.  
 Disfigure that Peacock.  
 Fin that Chevin.  
 Leach that Erawn.  
 Lift that Swan.  
 Timber the Fire,  
 Tire an Egg,

Tranch that Sturgeon.  
 Sauce Place or Flounders.  
 Side that Haddock,  
 Splay that Bream.  
 Sp'at that Pike.  
 Unbrace a Mallard.  
 Under-Tench a Porpus.  
 Un-joynt a Bittern.  
 Unlace a Coney.  
 Untach that Curlew.  
 Untach that Brew.  
 Spaul that Hen.  
 String that Lamprey.  
 Tame a Crab.  
 Thigh a Pigeon, Woodcock, and all manner of small birds.  
 Transon that Eel.  
 Truss that Chicken.  
 Tusk a Barbel.

Par-



Particular directions how to Carve according to the former Terms of Carving.

Unlace that Coney.

**L**AY your Coney on the back, and cut away the Vents, then raise the Wings and the sides; and lay the Carcass and the sides together; then put to your Sauce, with a little beaten Ginger and Vinegar.

Thigh a Woodcock.

Raise the Legs and Wings of the Woodcock, as you would do of a Hen, then take out the brains, and no other Sauce but Salt.

Allay a Pheasant.

Raise the Legs and Wings of the Pheasant, as of a Woodcock, as also of a Snite, and a Plover, and only Salt.

Display a Crane.

Unfold the legs of the Crane, and cut off his Wings by the Joynts, then take up his Wings and Legs, and make Sauce of Mustard, Salt, Vinegar, and a little beaten Ginger.

To cut up a Turkey.

Raise up the Leg very fair, and open the Joynt with the point of your Knife, but cut it not off; then lace down the Breast with the point of your Knife, and open the breast-pinion, but take it not off, then raise up the Merry-thought betwixt the Breast-bone and the top, then lace down the flesh on both sides the Breast-bone, and raise up the Flesh called the Brawn, and turn it outward upon both sides, but break it not, nor cut it off, then cut off the Wing-pinions at the joynt next the Body, and stick in each side the Pinion in the place you turned out the Brawn, but cut off the sharp end of the Pinion, and take the middle-piece, and that will fit just in the place; you may cut up a Capon or Pheasant the same way.

Break a Sarcel, Teal, or Egripr.

Raise the Legs and Wings of the Teal, and no Sauce but Salt.

Wing a Partridge, or Quail.

Raise his legs and wings, as of a Hen, and if you mince him, make Sace with a little white-wine, and a little beaten Ginger, keeping him warm upon a Chafing-dish of Coals till you serve him.

To Untach a Curlew or Brew.

Take either of them, raise their Legs, as before, and no Sauce but Salt.

To Unbrace a Mallard.

Raise up the Pinion and Legs, but take them not off, and raise the Merry-thought from the Breast, and lace down each side with your Knife, waving it to and fro.

To Sauce a Capon.

Lift up the right Leg of the Capon, and also the right Wing, and so lay it in the Dish in the posture of flying, and so serve them; but Remember, that Capons and Chickens be only one Sauce, and Chickens must have green Sauce or Verjuice.

Bills

Bills of Fare for all times of the Year ; and also  
for extraordinary Occasions.

*A Bill of Fare for the Spring Season.*

1. **A** Collar of Brawn and Mustard.  
2. A Neats-Tongue and Udder.

3. Boyled Chickens.

4. Green Geese.

5. A Lumbard Pye.

6. A dish of young Rabbits.  
Second Course.

1. A Haunch of Venison.

2. Veal Roasted.

3. A dish of Soles or Smelts.

4. A dish of Asparagus.

5. Tansie.

6. Tarts and Custards.

A Bill of Fare for Midsummer.

1. Neats-tongue and Coliflowers.

2. A Fore-Quarter of Lamb.

3. A Chicken Pye.

4. boyled Pigeon.

5. A couple of Stewed Rabbits.

6. A Breast of Veal Roasted.

Second Course.

1. An Artichoke Pye.

2. A Venison-Pasty.

3. Lobsters and Salmon.

4. A dish of Pease.

5. A Goose-berry-Tart.

6. A dish of Straw-berries.

A Bill of Fare for Harvest.

1. A Capon and White-broth.

2. A Whesthphalia-Ham with Pigeons.

3. A Grand Sallet.

4. A Neats-tongue and Udder roasted.

5. A powdered Goose.

6. A Turkey Roasted.

Second Course.

1. A Potato, or Chicken-pye.

2. Roasted Partridges.

3. Larks and Chickens

4. A Made dish.

5. A Warden-Pye, or Tart.

6. Custards.

A Bill of Fare for Winter-Season.

1. A Collar of Brawn.

2. Lambs Head and white-broth

3. A Neats-Tongue and Udder Roasted.

4. A Dish of Minced-Pyes.

5. A Venison, or Lamb-Pye.

6. A dish of Chickens.

Second Course.

1. A side of Lamb.

2. A dish of Wild-Ducks.

3. A Quince-Tart.

4. A couple of Capons Roasted.

5. A Turkey Roasted.

6. A Dish of Custards.

A Bill of Fare upon an extraordinary Occasion.

1. A Collar of Brawn.

2. A couple of Pullets boyled.

3. A Bisk of Fish.

4. A dish of Carps.

5. A grand boyled Meat.

6. A Grand Sallet.

7. A Venison Pasty.

8. A Roasted Turkey.

9. A Fat Pig.

10. A powdered Goose.

11. A Haunch of Venison roasted

12. Neats-tongue & udder roasted

13. A Whesthphalia-Ham boyled

14. A Joll of Salmon.

15. Minced Pyes.

16. A Sir-Loyne of Roast-Beef.

17. Cold baked Meats.

18. A Dish of Custards.

Second Course.

1. Jellies of all sorts.

2. A dish of Pheasants.

3. A Pike boyled.

also

4. An Oyſter-pye.
5. A diſh of Plovers.
6. A diſh of Larks.
7. A Joll of Sturgeon.
8. A couple of Lobſters.
9. A Lumber-pye.
10. A couple of Capons.
11. A diſh of Partridges.
12. A Fricacy of Fowls.
13. A diſh of Wild-Ducks.
14. A diſh of cram'd Chickens.
15. A diſh of ſtewed Oyſters.
16. A March-pane.
17. A diſh of Fruits.
18. A diſh of Tarts.

A Bill of Fare for Fiſh-days.

1. A diſh of Butter and Eggs.
2. A barrel of Oyſters.
3. A Pike boyled.
4. A ſtewed Carp.
5. An Eel-pye.
6. A Pole of Ling.
7. A diſh of green Fiſh buttered with Eggs.
8. A diſh of ſtewed Oyſters.
9. A Spinage Sallet boyled.
10. A diſh of Soles.
11. A Joll of freſh Salmon.
12. A diſh Smelts fry'd.

Second Courſe.

1. A couple of Lobſters.
2. A roasted Spithcock.
3. A diſh of Anchovies.
4. Freſh Cod.
5. A Bream roasted.
6. A diſh of Trouts.
7. A diſh of Place boyled.
8. A diſh of Perches.
9. A Carp farced.
10. A Potato-Pye.
11. A diſh of Prawns buttered.
12. Tenches with ſhort broth.
13. A diſh of Turbar.

14. A diſh of Eel-pouts.
  15. A Sturgeon with ſhort broth.
  16. A diſh of Tarts and Cuſtards.
- A Bill of Fare for a Gentleman's Houſe about Candlemas.

1. A Pottage with a Hen.
2. A Catham Pudding.
3. A Fricacie of Chickens.
4. A Leg of Mutton with a Sallet.

Garniſh your diſhes with Barberries.

Second Courſe.

1. A Chine of Mutton.
2. A Chine of Veal.
3. A Lark-Pye.
4. A Couple of Pullets, one Larded.

Garniſhed with ſlices of Orange.

Third Courſe.

1. A diſh of Woodcocks.
2. A couple of Rabbits.
3. A diſh of Aſparagus.
4. A Wheſtphalia-Gammon.

Laſt Courſe.

1. Two Orange Tarts, one with Herbs.
2. A Bacon-Tart.
3. An Apple-Tart.
4. A Diſh of Bon Chriten-Pears.

5. A diſh of Pippins.
6. A Diſh of Pear-Mains.

A Banquet for the ſame Seſſion.

1. A diſh of Apricocks.
2. A diſh of Marmalade of Pippins.
3. A diſh of preſerved Cherries.
4. A whole Red Quince.
5. A diſh of dryed Sweet-Mear.

## READER,

I Have here presented to thee the Order of a Feast, and a Bill of Fare, which was taken out of the Records of the Tower; I have done it the rather that thou mayest see what Liberality and Hospitality there was in Antient times amongst our Progenitors; like this to Solomon's Royal House-keeping, yet he was one that was endued with wisdom from above: by which Liberality his Subjects were made rich, so that silver was as plenty as Stones in the streets of Jerusalem, and there was Peace in all his dayes: According to his Judgment from his inspired Wisdom, so was his Practice, and so was his Declaration: for Food and Raiment is all the Portion that man hath in this life.

Thus hoping to see Liberality flourish amongst us once more: as in old time,

I remain thine,

B. H.

A

*A great F E A S T made by George Nevil  
Chancellor of England, and Arch-Bishop of  
York, in the dayes of E D W A R D  
the Fourth, 1468.*

0300 **Q**UARTERS of  
Wheat,

0300 Tun of Ale.  
0100 Tun of Wine.  
0001 Pipe of Ipocras.  
0104 Oxen.  
0005 Wild Bulls.  
1000 Muttons.  
0304 Veals.  
0304 Porcs.  
0400 Swines.  
3000 Geese.  
1000 Capons.  
3000 Piggs.  
0400 Plovers.  
0100 Dozen of Quails.  
0200 Dozen of Fowls called Rees.  
0400 Peacocks.  
0400 Mallards and Teals.  
0234 Cranes.  
0204 Kid ls.  
3000 Chickens.  
4000 Pidgeons.  
4000 Coneys.  
0200 Eullers.  
9400 Heronshaws.  
0200 Pheasants.  
0500 Partridges.  
0400 Woodcocks.  
0100 Curlews.

1000 Egrites.  
0504 Stags, Bucks and Roes.  
0103 Pasties of Venison cold.  
0508 Pikes and Breems.  
6000 Dishes of Jelly,  
0103 Cold Tarts.  
3000 Cold Custards.  
1500 Hot Venison Pasties.  
3000 Hot Custards.  
0013 Porroffes and seals.  
Besides abundance of Sweet-  
meats.

The great Offices.

Earl of Warwick Steward.

Earl of Northumberland

Treasurer.

L. Hastings Cup bearer.

Lord Willowby Carver.

Lord John of Euckingham

Controuer.

Sir Richard Stanwig Surveyor.

Sir William Worly Marshall  
of the Hall.

Eight Knights of the Hall.

Eighty Esqs; of the Hall.

Two other Surveyors of the Hall.

Sir John Malbury Pantler.

Two Esquires Keepers of the  
Cubbard.

Sir John Pracecock Supervisor

of the Hall.

Estates sitting in the Hall.

At the High Table.

The Archbishop in his State, on his Right hand, the Bishops of London, Durham and Elie.

On his Left hand, the Duke of Suffolk, the Earls of Oxford and Worcester.

At the second Table,

The Abbots of Saint Maries. The Doctors of Halls of Rivones

The Choristers of Rivones.

The Prownes of Durham, of Girslen and of Berlenton, of Giserow, and others, the number of eighteen,

At the third Table.

The Deans of York, the Lords of Cornwell, York, Durham, with forty eight Knights.

At the fourth Table.

The Deans of Durham and of Saint Ambroses, all the Prebends of the Minster.

At the fifth Table.

The Mayors of York and Calice, and all the Aldermen.

At the sixth Table.

The Judges of the Land four Barons of Exchequer, and twenty Six Counsellors.

At the last Table

Sixty nine Knights, wearing the Kings badges and his Arms.

Estates sitting in the chief Chamber.

At the first Table.

The Duke of Gloucester the

Kings Brother, and upon his Right hand the Duke of Suffolk, upon his left hand the Countess of Westmorland and Northumberland, and two of the Duke of Warwicks daughter.

At the second Table.

The Barons of Greystock, with three other Barons,

At the third Table.

Eighteen Gentlemen of the said Lands.

Estates sitting in the second Chamber.

At the first Table.

The elder Dutchess of Suffolk the Countess of Warwick and Oxford, the Ladies Hastings and Earwick.

At the second Table.

The Earls of Northumberland and Westmorland, and the Lords of Fitzhugh only with 2 Barrons.

At the third Table.

Fourteen Gentlemen, and 14 Gentlewomen of quality.

In the low Hall.

Four hundred and twelve of the Nobility with double service.

In the Gallery.

6200 Noble Mens Servants with their Servants.

1100 Inferiour Officers with their Servants.

1500 Other meaner Servants of all Offices.

6062 Cooks.

In all 2152.

F I N I S.



*The Table to the Art of Preserving, Conseruing, and Candyng.*

A

Almond Butter	4
Almond Milk	6
Apricocks preserv'd	<i>ibid</i>
Aqua Mirabilis	7
Angelllets to make	9
Angelica water	14
Angelica roots pre- served	18
Aqua Composita	21
Artificial Malmsey	22
Artificial Claret	<i>ibid.</i>
Apricock-Cakes	27
A'rtichoaks preserv'd	30
Almond Caudle	37
A'rtichoaks to pickle	50
A'rtichoak bottoms to pickle	60

B

Barley water	20
Balm-water	21
Broom buds pickled	<i>ibid</i>
Dr. Burges's Plague- water	24
Burage-flowers to Candy	26
Bisket-cakes to make	27
Banbury Cakes	30
Barberries candyes	40
Barberries preserves	41
Bragget to make	62

C

Conserve of Barberries	1
------------------------	---

K

Conserve of Roses	<i>ibid.</i>
Cinamon water	<i>ibid.</i>
Cherr es preserved	2
Conserve of Oranges	3
Cucumbers to pickle	4
Cream of Quinces	5
Cherry-wine	7
Currans preserves	8
Conserve of Quinces	11
Conserve of rosemary	13
Cherries to dry	14
Conserve of Damsons	16
Conserve to strength- en the Back	20
Conserve of Burrage- flowers	24
Conserve of Pruans	25
Crystal Jelly	26
Conserve for Tarts all the Year	28
Caudle of Vertue	36
Comfortable Syrup	37
Cherries to Candy	38
Clove-Gilly-Flowers to pickle	39
Cinamon-Sugar	40
Cream of Apricocks	41
Cullice to make	<i>ibid.</i>
Cucumbers green	24
Cakes of Lemons	43
Capon water	44
China-Broth	<i>ibid.</i>
Cream of Codlings	45
Cream	

# The Table.

Cream Tart	46	Hydromel to make	51
Cock-Ale to make	48	Honey of Mulberries	55
Caraway-Cake	<i>ibid.</i>	Honey of Raisins	56
Cordial water of		I- J.	
Clove-gilly-flowers	49	Jelly of Hartshorn	9
Chips of Quinces	53	Italianbisket to make	15
Conserve of Bugloss- Flowers	54	Jelly of Strawberries	26
Comfits to make	57	Imperial water	33
Curranwine to make	59	Jumbals to make	34
Conserve of Sage	<i>ibid.</i>	Jelly of Apples	61
Cornelians to pickle	61	Jelly of Goosberries	62
D		K	
Dr. Deodates Drink for the Scurvey	20	K. William's perfume	13
Damask-water	33	K. Edw. Perfume	<i>ibid.</i>
E		L	
Excellent Broth	8	Late Q's Perfume	13
Excellent Hippocras	22	Leah to make	21
F		Leach Lombard	32
French Beans to pickle	6	Leach of Almonds	32
Frenchbisket to make	16	Lozenges of Roses	53
Flomery Caudle	52	Lemon and Orange- peel pickled	54
Fruits preserved all the Year	<i>ibid.</i>	M	
G		Mackroons to make	2
Grapes to preserve	7	Marra'lade of Quinces	3
Goose-berry-cakes	8	March-panes to make	5
Goosberries preserv'd	17	Marmalade of Lemons and Oranges	13
Gingerbread to make	31	Metheglin brown	14
Goose-berry-paste	54	Muscadine Confits	24
Ginger to Candy	58	Manns Christi	25
H		Musk-balls to make	33
Hippocras to make	4	Marri-olds to candy	39
Honey of Roses	12	Mathiolus Bezoar's Water	46
		Mar-	

The Table.

Marmalade of currans 47  
 Mad to make *ibid.*  
 Mint-water 50  
 Marmalade of cherries 51  
 Medlers to preserve 52  
 Musk-Sugar to make 54  
 Marmalade of oranges 60

N

Naple-bisket to make 53

O

Oranges to preserve 5  
 Oyl of Violets *ibid.*  
 Oyl of sweet Almonds 10  
 Oranges and Lemons  
 Candyed 15  
 Oranges preserv'd after  
 the *Portugal* way *ibid.*

Oranges to Bake 17

Orange water 35

P

Pear plumb stop preserve 7

Purflain to Pickle 8

Pomatum to make 10

Pomander to make 16

Peaches to preserve 17

Pippins to dry 28

Paste of *Genua* *ibid.*

Paste of Quinces 31

Pom-citron preserv'd 39

Paste of tender plumbs 45

Poppywater to make 46

Plaguewater to make 56

Paste of Cherries 60

Paste of Apricots *ibid.*

Q

Quinces Cakes 1

Quince preserv'd white 2

Quinces preserv'd red 4

Quidany of Cherries 14

Quidany of Quinces 29

Quince cakes thin 32

Quince Cream 41

Quinces to pickle 56

Quince cakes clear 57

R

Raspices preserved 2

Rosemary-water 10

Rasberry Wine 22

Rose-Vinegar 43

Rasberry-Cream 50

Roses preserv'd whole 55

S

Symbals to make 3

Sirup of Violets *ibid.*

Dr. *Stephens's* water 7

Syrup of Clove-Gilly-  
 flowers 3

Syrup of Wormwood 12

Syrup of Poppies *ibid.*

Syrup of Lemons 12

Syrup of Cowslips 13

Spirit of Wine 12

Sugar plates to make 16

Syrup of maidenhair 12

Syrup of Licorish *ibid.*

Syrup of Quinces 18

Syrup of Harts-horn 19

Syrup of Cinamon *ibid.*

Spirit of Ambergreens 23

Syrup of citron-peels 19

Syrup

# The Table.

Syrup of Hyfop	24	Strawberry-wine	49
Sweet Cakes without		Surfeit-water	<i>ibid.</i>
Sugar	29	Snow-Cream	50
Spirit of Honey	30	Suckets of Lettice--	
Syrup for the lungs	<i>ibid.</i>	stalks	54
Suckets to make	32	Syrup of Purslain	55
Sweet-bags for linnen	30	Syrup of Mint	<i>ibid.</i>
Sugar-Leach	34	Sweet meat of Apples	59
Spirit of Roses	35	T	
Syrup of Elder	<i>ibid.</i>	Trifle to make	40
Syrup for short wind	36	Treacle Water	81
Surfeit Water	<i>ibid.</i>	V. U.	
Syrup comfortable	36	Verjuice to make	34
Syrup of Roses	<i>ibid.</i>	Usquelagh to make	15
Syrup of sugar-candy	36	W	
Syrup against scurvy	37	Wafers to make	7
Suckets of wall-nuts	33	Water against fits of	
Syrup of Saffron	<i>ibid.</i>	the Mother	11
Spots and stains out of		Wall-nut water	18
Cloathes	42	Water for a Consum-	
Sugar-Cakes	<i>ibid.</i>	ption	20
Syrup of Vinegar	43	Wormwood-wine	20
Syrup of Apples	44	Wormwood-water	31
Sugar of Roses	45	Wash-balls to make	33
Syllabub to make	47	Wipt Syllabub	51
Steppeny	<i>ibid.</i>	White Mead	53
Syder to make	48		

## The Table to Physick and Chirurgery, Beautifying Waters, &c.

A		Black Jaundice	64
Ch or Pain	64	Lite of a mad Dog	66
Agues to Cure	<i>ibid.</i>	Bloody-flux to cure	70
Agues in Children	70	Bleeding at the Nose	71
Ague in the Brest	71	Beautifying the Face	80
Ague water	73	Breath to sweeten	85
		Beautifying water	86. 88.
		Ano-	

# *The Table.*

Another 90  
 Body to cleanse 93  
 Brefts to make small ibid  
 Bath for Ladies 94  
 Body to make Fat, ibid  
 Belts to Embroider 98  
 Black Sarienets to wash ibid

## C

Cramp to cure 64  
 Countess of Kent's powder 65  
 Canker to cure 66  
 Conception to procure 67  
 Catholicon ibid  
 Consumption to help 68  
 Children to go to school 70  
 Cancer in a Brest 71  
 Care of the Infant 77  
 Chillsblans to take away 86  
 Cloven Nails to help 89  
 Colour'd Silks to wash 98

## D

DAFFY's Elixir Salutis to  
 make right 63  
 Dry Cough to help 65  
 Deafness to cure 67  
 Dropfie to help 68  
 Dr. Tench's Julep for fits of  
 the Mother 70  
 Dr. Willoughby's Aqua Mi-  
 rabilis 72  
 Drink that healeth all wound 75  
 Directions for Nurses 76  
 Dentifrice for Teeth 84

## E

Eye-water to make 69  
 Excellent Wash 87  
 Excellent Beautifier 92

## F

Fevers in Children 64  
 Fasting sickness to help 65  
 Fits of the Mother 69  
 Fistula to heal ibid  
 Felton to kill 71  
 Flowers to bring down 74  
 Flowers to stay ibid  
 Falling off of Hair 80  
 Face to make Fair ibid  
 Freckles to take away 83

For nails that fall off 89  
 For cloven Nails ibid  
 Face to make Youthful 91  
 Face to make Ruddy ibid  
 Face to clear 92

## G

Gout to cure 63  
 Girping of the Guts ibid  
 Green sickness to cure 66  
 Green Oynment 69  
 Galesiga Powder 71  
 Gold Lace to clean 93

## H

Help for blaffing 70  
 Hair to make fair 79  
 Hair to make grow 79  
 Hair to tak away ibid  
 Holes or pits to clear 81  
 Heat in the Face 82  
 Hands to whiten 85, 88  
 Heat in the hands 89  
 Hair to curl 92  
 Hair to make black 93  
 Hair to increase ibid

## I. J.

Infection of Plague 64  
 Imposthume to break 65  
 Itch to cure ibid  
 Infants troubled with Wind  
 and Phlegm 69  
 Itch or breakings out 74  
 Ink-spots in Linnen 96

## K

King's-Evil to cure 66

## L

Loosness to stop 67  
 Lac virginis to make 80  
 Lips chopt tho help 86  
 Lawns to starch 94

## M

Medicine for the back 64  
 Medicine for aches ibid  
 Miscarrying to prevent 65  
 Medicine for Agues 67  
 Medicine to teeth easy 69  
 Megrim in the head 71  
 My Lord Dennies' Medicine  
 for the Gout 72

Medi-

# The Table.

Medicine to teeth easy	78	Shingles to Cure	69
Morphew to cleanse	81	Spitting of Blood	71
N		Swooning-fits to help	73
Nails to make grow	89	Scabs after small-Pox	74
O		Stitch in the side	ibid.
Oyl of Roses to make	74	Spleen to help	75
Oyl of St. John's-wort	75	Skin to cleanse	80
Oyl of Fennel	76	Sun-burn to take away	80
Oyntment for an inflamed		Skin to whiten	81
Face	82	Skin to smoothe	ibid.
Oyntment to take away spots		Spots in the face to take away	83
of the small pox	90	Skin to whiten	ibid.
Oyntment for Beautifying the		Stinking breath to help	84
Face	92	Stink of the Nostrils	88
Oyntment to illustrate the		Stench of Arm-holes	89
Face	ibid	Spots after small-pox	90
P		Scars in the Face	91
Piles to destroy	65	Silver-plate to cleanse	95
Plague water to make	68	Silk itockens to wash	ibid.
Pain in the Ears	71	Spots of Grease out of Silk,	
Piles after child birth	74	Stuff, or Cloath	96
Pouder for the Green sickness	75	Stains in Linnen, &c.	97
Pricking of a Thorn	ibid	Sarsenet to wash	ibid.
Pimples in the Face	81	T	
Pomatum for the skin	83	To make a Woman be soon	
Pock-holes to take out	85	delivered, the child dead or	
Pimples to take away	82	alive	69
Point and Lace to clean	96	Tympany to cure	70
Points to Wash	98	Terms to provoke	ibid.
R		To staunch bleeding	71
Remedy for sore eyes	66	Tertian ague to cure	75
Rickets in Children	67	Tillick to prevent	ibid.
Rheumatick Cough	71	Teeth to make white	84
Red flux to help	ibid	Teeth to keep white	87
Redness of the Face after the		Tiffanies to slarch	94
Small-pox	81	U	
Red Face to prevent	82	Unguentem Album	65
Ring-worms in the Face	92	W	
Red face to cure	93	Worms in Children	65
S		Whites to cure	ibid.
Stone and Gravel	63	Wens to cure	68
Scurvey-drink	ibid.	Wind to prevent	ibid.
Sciatica to cure	64	Women in travail	69
Sprain in the Back	66	White Flux to cure	71
Scurvey to cure	67	Water for the eyes	72, 73
Sore breast not broken and		Web in the Eye	74
when broken	68	What is to be given the Child,	
Scald-head to heal	ibid	for the first thing it taketh	71
		Wa-	



## The Table.

Waters for the Face	80	take Sunburn away	91
Wash-balls to make	85	Wrinkles of the Face	93
Warts to take away	90	Y	
Water to whiten the Skin and		Yellow-Jaundice	83

## The Table to the Compleat Cook's Guide.

<b>A</b> Richoaks fry'd	107	Cocks or Larks	150
Apple-pies fry'd	122	Chuks of veal bak'd	155
A milde diish of apples	133	Calves-feet bak'd	157
Almond-water	142	D	
Almond pudding	ibid	Dish of Marrow	101
Asparagus to keep	102	Dauntion Tart	110
B		Dutch Pudding	122
Ask er-bread to make	101	Double Tarts	152
Black puddings	102	E	
Barley-broth to make	114	Eels to souce	105
Beet stew'd	123	Eggs butter'd on toasts	112
Baked Puddings	127	Eels boyl'd	124
Brawn made Tea'er	131	Eel-pye to make	135
Birds stew'd the Lady Butler's	145	Eels to roast	149
Way	145	Englin Pottage	151
Beef stew'd	151	F	
Black puddings	162	Turnery to make	103
Beef or Lamb of mutton stew'd	163	Fricacy of Veal	104
Beane stew	165	Fine Pudding in diish	109
Butter to draw	169	Fricacy of Chickens	112
C		Florentine to make	115
Beef cakes to make	100	Fresh cheese	118
Carbado Mutton	101	Fine Cullard	120
Carbado Hens	107	Fry'd Pudding	126
Cream of Eggs	109	Loil to make	134
Cheese of Beef stew'd	113	Flounders to boyl	ibid
Chon boyl'd	115	Fresh sturgeon to roast	141
Cup to stew	ibid	Fricacy of Rabbits	146
Culves-feet to roast	122	Fricacy of Partridges	157
Cine of Beef poudered	125	Fennel sallet	164
Che-head dressed	ibid	Farced Veal	166
Chon boild with Asparagus	125	Florentine of Spinage	167
Chon boild with sage, paray	ibid	Flounders stew'd	199
Cuted Cream	130	G	
Chon Puddings	132	Gooseberry-Fool	104
Cow udder roasted	137	Grand Sallet	114
Cling Tart	138	Gummon of Bacon	133
Curry Tart to make	ibid	Gurnet boyl'd	141
Cup Pye	141	Gooseberry Cullard	ibid
Caken pye	142	H	
Che-head bak'd	145	Herring-Pye	101

Roast of Venison roasted	106
Red-hog pudding	107
Ruggels-pudding	108
Rothof Capon	125
Hotch pot to make	145
Hare to roast	158
Roast of Venison boyled	160
Hash of Ducks	164
I	
Italian Pudding	146
Junket to make	147
L	
Lamb-pye to make	99
Leg of Veal and bacon boild	103
Lemon-caudle	146
Leg of Lamb stewed	108
Leg of Pork boyled	157
M	
Mince-pye of Eggs	100
Minc'd pies to make	136
Marrow spinage Pasties	147
Marrow Puddings	117
Mallard to stew	155
Mullet to boyl	166
N	
Neats-foot Pye	104
Neats-tongue-Pye	103
Neats-tongue and Udders dress'd	131
O	
Orangado Pye	104
Oatmeal-pudding	143
Oysters to barrel up	144
Oysters to pickle	150
Oysters to pickle	119
P	
Pheasant to stew	101
Pork pye	104
Puff-paste to make	113
Pig to bake	114
Paste for Tarts	128
Pig to Souce	130
Pear-pye to make	139
Pippin-tart	138
Pear puddings	145
Pan-cakes	147

Pig bak'd court fashion	153
Pidgeon pye to make	155
Portage of a Capon	161
Pippin-pye to make	ibid
Pudding of Rice	167
Polonian Sausages	131
Q	
Quince-pye	104
Quaking Pudding	130
R	
Rice-Pudding	100
Rabbit roasted with Oysters	111
Rabbits bak'd to be eat cold	121
Rice Tart to make	137
Rare Fricacy	143
Roast beef pickled	152
Rabbit stewed	155
Rare broth	158
Rump of beef stew'd	101
S	
Spanish Olio	102
Scallops boyld	110
Salmon to boyl	112
Sack-posset to make	117
Sausages to make	123
Salmon to keep fresh	131
Sauce for Pidgeons	135
Sausages stew'd	143
Sweet-breads baked	158
Sauce for Mutton	160
Sauce for Turkies	171
Salmon fry'd	ibid
T	
Turkish dish	124
Trout to stew	135
Tansley of Cowslips	108
V	
Venison patty	110
Umble-pye to make	105
Veal-pye to make	125
W	
Widgeons to boyl	125
Woodcocks boyld	133
Watergruel to make	142
White puddings	108





